DELIGHTS FOR LADIES,

TO

ADORNE THEIR *Persons, Tables, Closets,* and Distillatories.

Joseph Palmer of Grayre

WITH

Beauties, Banquets, Perfumes, and Waters.

Reade, practise, and censure.

LONDON,
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XUM

To all true lovers of Art and Knowledge.

Sometimes I write the formes of burning balls,
Supplying wants that were by wood fals
Sometimes of tubs defended so by Art, (wrought;
As fire in vaine hath their destruction sought.
Sometimes I write of lasting Beverage,
Great Neptune *and his Pilgrims to content;*
Sometimes of food, sweet, fresh, and durable,
To maintaine life, when all things else were spent.
Sometimes I write of sundry sorts of soyle,
which neither Ceres *nor her handmaids knew.*
I write to all: but scarcely one beleeves (true.
Save Dive *and* Denshire, *who have found them*
When heavens did mourne in cloudy mantles clad,
And threatned famine to the sonnes of men:
When sobbing earth denyed her kindly fruit
To painefull plowmen and his hindes, even then
I write, relieving remedies of dearth,
That Art might helpe, where nature made a faile.

But all in vaine: these new borne babes of Art,
In their untimely birth straightway do quaile.
Of those or such like other new found skils,
With painfull pen, I whilome wrought at large;
Expecting still my Countries good therein,
And not respecting labour, time, or charge.
But now my pen and paper are perfumed:
I scorne to write with coppresse or with gall:
Barbaria's Canes are now become my quils:
Rose-water is the inke I write withall.
Of sweetes the sweetest I will now commend,
To sweetest creatures that the earth doth beare:
These are the Saints to whom I sacrifice,
Preserves and conserves both of plum and peare.
Empaling now adieu: tush, marchpane wals
Are strong enough, and best befit our age.
Let piercing bullets turne to sugar bals,
The Spanish feare is husht, and all their rage.
Of Malmelade, and paste of Genua,
Of musked sugar I intend to write,
Of Leach, of Sucket, and Quidinia,
Affording to each Lady her delight.
I teach both fruits and flowers to preserve,
And candy them; so Nutmegs, Cloves and Mace:
To make both Marchpane paste, and sugerd plate,
And cast the same in formes of sweetest grace.
Each bird and fowle so moulded from the life;
And after cast in sweet compounds of Art,

XUM

As if the flesh and forme which nature gave,
Did still remaine in every limb and part.
when cryſtall froſt hath nipt the tender grape,
And cleane conſum'd the fruits of every vine,
Yet here behold the cluſters freſh and faire,
Fed from the branch, or hanging on the line.
The walnut, ſmalnut, and the cheſnut ſweet,
whoſe ſugred kernels loſe their pleaſing taſte,
Are here from yeare to yeare preſerved meet,
And made by Art with ſtrongeſt fruits to laſt.
The Artichoke, and th' Apple of ſuch ſtrength,
The Quince, Pomgranate, with the Barbarie.
No ſugar us'd, yet colour, taſte and ſmell,
Are here maintain'd and kept moſt naturally.
For Ladies cloſets, and their diſtillatories,
Both waters, ointments, and ſweet ſmelling bals,
In eaſie tearmes without affected ſpeech,
I here preſent moſt ready at their cals.
And leſt with careleſſe pen I ſhould omit,
The wrongs that nature on their perſons wrought,
Or, parching Sunne with his looſer raies,
For theſe likewiſe relieving meanes I ſought.
No idle thoughts, or vaine ſurmiſed skil,
By fancy fram'd within a theorick brain,
My Muſe preſents unto your ſacred eares;
To win your favours falſely, I diſdaine.
From painefull practice, from experience,
I ſound, though coſtly, myſteries derive.

with fiery flames in ſcorching Vulcan's *Forge,*
To teach and fine each Secret, I doe ſtrive.
Accept them well, and let my wearied muſe
Repoſe her ſelfe in Ladies laps awhile.
So, when ſhe wakes, ſhe haply may record
Her ſweeteſt dreames in ſome more pleaſing ſtile.

H. PLAT.

The Table.

GOod Reader, for the understanding of this Table, know, that a, b, c, d, *doe give directions unto the foure severall parts or treaties of this booke;* (a) *for the first, the rest in their order.*

A

ANula Campana rootes preserved a,1
Almonds in leach a,27
Almond butter, to make a,57
Almonds into gelly a,58
Aligar distilled b,16
Apples kept dry all the yeare a,47
Aqua rubea b,7
Aqua composita of D. *Stevens* b,8
Artichokes kept long. a,69

B

BAgs sweet to lie among linnen d,35
Ball to take out staines d,3
Ball to wash with d,8
Balme water b,5
Beaumanger c,11
Beefe rosted kept long c,18

Beefe powdred, kept long without charge c,19
Beefe fresh at the sea c,20
Beauty for the face d,7,14
Bisket bread,or French bisket a,19
Bisket called prince bisket a,20
Bisket called bisketello a,21
Bloud of herbs b,22
Borage candied a,11
Bottling of Beere truely c,7
Bottles mustie helped c,28
Bottle Ale most excellent c,32
Brawn to eate,tender & delicate c,13
Broom capers preserved a,37
Broyling without smoke c,26
Bruise helped d,24
Butter tasting of spice or flowers a,21

C

CAkes sweet without spices or sugar a,6
Candying of flowers a,9.53
Candying in rock candy a,33.42
Candying of Orenge pils a,35
Candles for Ladies tables c,39

Candles hanging in the ayre c,40
Capers of broom preſerved a,37
Capon boyled in white broth c,5
Caſting in ſugar plate a,13
Caſting of ſugar in party moulds a,43
Caſting and moulding of fruit a,44
Cherries preſerved a,8
Cherry pulp kept dry all the year a,45
Cherries dryed in the Sun a,46
Cheeſe extraordinary c,22
Cheſnuts kept long a,73
Chilblanes helped a,15
Chine of veale or chicken boiled c,10
Cinamor-water b,10
Collis white, and like gelly a,55
Comfits of all ſorts a,54
Conſerves of prunes or dãſons a,50,51
Conſerve of Strawberries a,51
Cowcumbers preſerved a,36
Cowſlip paſte a,40
Cowſlip-water, or vinegar of the colour of the Cowſlip a,34
Crayfiſh kept long c,31
Cream clowted c,23

D

Damaske powder d,19
Damsons in Marmelade a,31
Damson pulp kept all the yeare a,45
Damsons in conserve a,50,52
Dentifrices for the teeth d,26
Distillation of herbes in a new manner b,11
Drying of fruits in the Sunne a,46

E

Eglantine water b,20
Eringo rootes preserved a,1
Extract of vegetables b,19

F

Face spotted or freckled, to helpe d,6,23
Face made faire d,7.14
Face full of heat, helped d,11,16,17 18,19,20,21
Face kept white and cleare d,12
Fish into paste c,14
Fish fryed, kept long c,17
Flesh kept sweet in Summer c,24
Flies kept from oyle peeces c,30

Flounder boyled on the French fashion c,3
Flowers preserved a,7
Flowers candied a,9,11
Flowers in rocke candy a,42
Flowers dryed without wrinkling a,63
Fruit preserved a,8
Fruit how to mould and cast a,44
Fruit kept dry all the yeare a,45,46 47
Fruit kept long fresh. a,70

G

GElly chrystalline a,25
Gelly of fruits a,29
Gelly of Almonds a,58
Gilliflowers kept long a,61
Gilliflowers preserved a,7
Gilliflower water b,20
Ginger-bread a,22
Ginger-bread dry a,23
Ginger in rock candy a,33,42
Ginger greene in sirup a,49
Ginger candied a,53

Gloves to perfume d,34
Gooſe-berries preſerved a,8
Grapes growing all the yeare a,62
Grapes kept till Eaſter a,64

H

HAnd-water excellent d,2,28
Hands ſtained, to helpe d,5
Hands freckled, to helpe d,6
Hand-water of Scotland b,21
Haſel nuts kept long a,72
Haire black altered d,30.37
Haire made yellow d,36
Herbs diſtilled in a new manner b,11
Herbs to yeeld ſalt b,12
Herbs to yeeld bloud b,22
Honey to yeeld ſpirit b,13

I

IRiſh Aqua vitæ b,9
Iſſop diſtilled in a new manner b,11
Juyce of Orenges or Lemmons kept all the yeare c,35
Jumboles to make a,16

L

LArks to boyle c,4
Lavender

Lavender distilled in a new manner b,11
Leach of Almonds a,27
Leach a,59
Leg of Mutton boiled after the French fashion c,7
Lemmons in marmelade a,41
Lemmon moulded and cast a,44
Lemmon-juyce kept all the year c,35
Lettuce in sucket a,32
Liquorice paste a,40
Lobsters kept long c,1

M

MAce in rock candy a,42
Mallard to boyle c,6
Marchpane-paste a,12.18
Marigolds preserved a,7
Marigolds candied a,9.11
Marigold-paste a,40
Marmelade of quinces or dãsons a,30
Marmelade of Lemmons or Orenges a,41
May-dew clarified a,33
Morphew helped d,21,22
Mulberries

Mulberries in gelly a,29
Musk sugar a,2
Mustard meale c,25
Mustinesse helped or prevented in waters b,24

N

Nutmegs in rock candy a,33,43
Nutmegs candied a,34
Nuts moulded and cast off a,44
Nuts kept long a,7

O

Orenges preserved a,34
Orenge pils candied a,35
Orenges in marmelade a,4
Orenge moulded and cast off a,4
Orenge juyce kept all the yeare c,3
Oysters kept long c,1

P

Paste of flowers a,14,4
Paste of Novie a,1
Paste to keepe one moyst a,1
Paste called puffe paste a,2
Paste short without butter a,2
Paste of Genua of Quinces a,3

Paſte of fiſh c,14
Peare moulded and caſt off a,44
Peares kept dry a,47
Perfumes delicate, and ſodainly made d,31
Perfuming of gloves d,34
Pickrel boyled on the French faſhion c,3
Pigeons of ſugar paſte a,10
Pigeons boyled with Rice c,9
Pigge to ſowſe c,1,2
Pigs petitoes boiled after the French faſhion c,8
Plums preſerved a,8
Plums dryed in the Sunne a,46
Pomander to make d,4
Pomander renewed d,32
Pomatum moſt excellent for the face d,13
Pomegranats kept long a,68
Preſerving of rootes a,1
Preſerving of Cowcumbers a,36
Prunes in conſerve a,50,52
Pulp of fruit kept all the yeare a,45

Q

Quidinia of Quinces a,28
Quinces into paſte of genua a,30
Quinces in Marmelade a,32
Quinces kept dry all the yeare a,47
Quinces kept long a,67

R

Rabbets of ſugar paſte a,10
Raſpices in gelly a,29
Roots preſerved a,1
Roots candied a,53
Roſa ſolis to make b,6
Roſemary-flowers candied a,9
Roſe-leaves to dry a,36
Roſe ſirup a,5
Roſes preſerved a,7
Roſes and Roſe-leaves candied a,9.11
Roſe paſte a,40
Roſes kept long a,61
Roſe-leaves dryed without wrinkles a,63
Roſewater diſtil'd at Michaelmas b,14
Roſewater diſtilled in a ſpeedy manner. b,15

Roſe-water moſt excellent b,18
Roſe-water and yet the Roſe-leaves not diſcovered b,23
Roſe-water and oyle drawn together b,25
Roſe-water of the colour of the Roſe c,34
Roſe-vinegar of the colour of the Roſe. c, ib.
Roſe-vinegar made in a new manner c,41

S

Sallet oyle purified and graced in taſte and ſmell c,36
Salmon kept long freſh c,16
Salt of herbs b,12
Salt delicate for the table c,38
Sawſedges of Polonia c,14
Sirup of Violets a,4
Sirup of Roſes a,5
Sparrowes to boyle c,4
Spirit of wine extraordinary b,1
Spirit of wine ordinary b,2
Spirits of ſpices b,3

Spirit of wine tasting of any vegeta-
ble b,
Spirit of honey b,1
Spirit of herbs and flowers b,1
Skin white and cleere d,
Sun-burning helped d,2
Stove to sweat in d,2
Strawberries in gelly a,2
Strawberries in conserve a,5
Sucket in Lettice stalks a,3
Sucket of greene Walnuts a,4
Sugar musk a,
Sugar paste for foule a,1
Sugar plate to cast in a,1
Sugar plate of flowers a,1
Sugar plate to colour a,3
Sugar cast in party moulds a,4
Sugar smelling & tasting of the clo
or cinamon a,7

T

TEale to boyle c
Teeth kept white & sound d,
15,1
Thyme distilled in a new maner b,1
Tros

Trosses for the Sea a,39

V

Vinegar distilled b,16
Vinegar to clarifie c,37
Violet sirup a,4
Violet paste a,40,41
Violet water, or vinegar of the colour of the Violet c,34
Usquebath b,9

W

Wafers to make a,56
Walnuts in sucket a,49
Walnuts kept fresh long a,65,66
Wardens kept dry all the yeare a,47
Washing water sweet b,21.d,2,28, 29
Whites of eggs broken speedily c,29
Widgen to boyle c,6
Wine, tasting of wormewood, made speedily c,33

Y

Ytch helped d,25

FINIS.

XUM

The Art of preſerving, *Conſerving, Candying, &c.*

1. *How to preſerve Eryngo roots, Ænula Campana, and ſo of others in the ſame manner.*

SEeth them till they be tender: then take away the piths of them, & leave them in a colander till they have dropped as much as they will: then having a thinne ſirup ready, put them being cold into the ſirup beeing alſo cold, and let them ſtand ſo three dayes, then boyle the ſirup (adding ſome more freſh ſirup to it, to ſupply that which the rootes have drunke up) a little higher: and at three dayes end, boyle the ſirup againe without any new addition, unto the full height of a preſerving ſirup, and put in your rootes and ſo keepe them. Rootes preſerved

preſerved in this manner, will eate very tender, becauſe they never boyled in the ſirup.

2. *How to make Musk ſugar of common ſugar.*

BRuiſe 4. or 6. graines of Muske; place them in a peece of Sarcenet, fine Lawne or Cambrick doubled: lay this in the bottome of a gally pot, ſtrewing your ſugar thereon: ſtop your pot cloſe, and all the Sugar in a few dayes will both ſent and taſte of Muske: and you may lay more Sugar thereon, when you have ſpent that Sugar which will alſo receive the like impreſion. Such Musk-ſugar is ſold for two ſhillings the pound.

3. *How to dry Roſe leaves in a moſt excellent manner.*

WHen you have newly taken out your bread, then put in

in your Roses in a sieve, first clipping away the whites, that they may bee all of one colour: lay them about one inch in thicknesse in the sieve; and when they have stood halfe an houre, or thereabout, they will grow whitish on the top: let them yet remaine without stirring, till the uppermost of them bee fully dried: then stirre them together, and leave them about one other halfe houre: and if you finde them dry in the top, stirre them together againe, and so continue this worke, untill they bee thorowly dried: then put them hot as they are, into an earthen pot, having a narrow mouth, and being well leaded within (the Refiners of gold and silver call these pots Hookers:) stop it with corke and wet parchment, or with wax and rosin mixed together; and hang your pot in a chimney, or neare a continuall fire, and so they will keepe exceeding faire in colour, and most delicate in sent. And if

you

you feare their relenting, take the Roſe-leaves about Candlemas, and put them once againe into a ſieve, ſtirring them up and downe often till they bee dry: and then put them up againe hot into your pot.

Note, that you muſt ſet up your oven-lid, but not lute it about when you ſet in your roſe-leaves, either the firſt or ſecond time. *Poſt, numero 6.*

4. *A moſt excellent ſirup of Violets, both in taſte and tincture.*

EXpreſſe the juyce of clipt Violets, and to three parts of juyce take one fourth part of conduit water: put the ſame into an Alabaſter mortar, with the leaves which you have ſtamped, and wring the ſame out thorow a cloath, as you did at the firſt, into the other juyce: put thereto a ſufficient proportion of the fineſt Sugar

ger, and brought alſo into a moſt fine powder: let the ſame ſtand 10. or 12. houres in a cleane glaſed earthen pan: then draine away the cleereſt, and put it into a glaſſe, and put thereto a few drops of the iuice of Lemmons, and it will become cleere, tranſparent, & of the violet colour. Then you may expreſſe more iuyce into the ſugar, which will ſettle in the bottome, with ſome of the thickeſt part of the iuyce: and beating the ſame upon a gentle fire, it will alſo become a good ſirup of violets, but not comparable to the firſt. By this manner of worke you gaine one quarter of ſirup more than diverſe Apothecaries doe.

5. *A ſingular manner of making the ſirup of Roſes.*

FIll a ſilver baſon three quarters full of rain-water or Roſe water: put therein a convenient proportion

of Roſe-leaves: cover the baſon, and ſet it upon a pot of hot water (as we uſually bake a cuſtard:) in 3 quarters of an houre, or one whole houre at the moſt, you ſhall purchaſe the whole ſtrength and tincture of the roſe: then take out thoſe leaves, wringing out all their liquor gently, and ſteepe more freſh leaves in the ſame water: continue this iteration ſeven times, and then make it up in a ſirup: and this ſirup worketh more kindely than that which is made meerly of the iuice of the Roſe. You may make ſundry other ſirups in this manner. *Quære* of hanging a pewter head over the baſon, if the aſcending water will bee worth the keeping.

6. Another way for the drying of Roſe-leaves.

DRy them in the heat of a hott ſunny day upon a Leads, turning them

them up and downe till they be dry (as they doe hay): then put them up into glaſſes well ſtopt and luted, keeping your glaſſes in warme places; and thus you may keepe all flowers: but herbs, after they are dried in this manner, are beſt kept in paper bags,, placing the bags in cloſe cupboards.

7. *How to preſerve whole Roſes, Gilliflowers, Marigolds, &c.*

DIp a Roſe, that is neither in the bud, nor overblowne, in a ſirup, conſiſting of ſugar double refined, & Roſe water boiled to his full height; then open the leaves, one by one, with a fine ſmooth bodkin, either of bone or wood; and preſently, if it be a hot ſunny day, and whileſt the Sunne is in ſome good height, lay them on papers in the Sun, or elſe dry them with ſome gentle heat in

a cloſe roome, heating the roome before you ſet them in; or in an oven upon papers, in pewter diſhes: and then put them up in glaſſes, & keepe them in dry cupboards neere the fire: you muſt take out the ſeeds, if you meane to eate them. You may proove this, preſerving with ſugar-candy in ſtead of ſugar if you pleaſe.

8. *The moſt kindely way to preſerve plums, cherries, goosberries, &c.*

YOu muſt firſt purchaſe ſome reaſonable quantitie of their owne iuyce, with a gentle heat, upon embers, in pewter diſhes, dividing the iuice ſtill as it commeth in the ſtewing: then boile each fruit in his owne iuice, with a convenient proportion of the beſt refined ſugar.

9. *How to candy Rosmary-flowers, Rose-leaves, Roses, Marigolds, &c. with preservation of colour.*

DIssolve refined or double refined sugar, or sugar-candy it selfe, in a little Rose-water: boile it to a reasonable height: put in your roots or flowers when your sirup is eyther fully cold, or almost cold: let them rest therein till the sirup have pierced them sufficiently: then take out your flowers with a skimmer, suffering the loose sirup to runne from them so long as it will: boyle that sirup a little more, and put in more flowers, as before; divide them also: then boile all the sirup which remaineth, and is not drunke up in the flowers, to the height of *Manus Christi*, putting in more sugar, if you see cause, but no more Rose-water, put your flowers therein when your sirup is cold, or almost cold, and let them stand till they candy.

10. *A moſt delicate and ſtiffe ſugar paſte, whereof to caſt Rabbets, Pigeons, or any other little bird or beaſt, either from the life or carved moulds.*

FIrſt, diſſolve Iſinglaſſe in faire water, or with ſome Roſe-water in the later end: then beat blanched almonds, as you would for marchpane ſtuffe, and draw the ſame with creame and Roſe-water (milke will ſerve, but creame is more delicate): then put therein ſome powdered ſugar; into which you may diſſolve your Iſinglaſſe, being firſt made into gelly, in faire warme water (note, the more iſinglaſſe you put therein, the ſtiffer your worke will prove): then having your rabbets, woodcocks, &c. molded, either in plaiſter from life, or elſe carved in wood (firſt annointing your wooden moulds with oyle of ſweet almonds, and your plaiſter or ſtone moulds with barrowes greaſe) poure your ſugar paſte thereon.

A quart of creame, a quarterne of almonds, two ounces of Iſinglaſſe, and foure or ſix ounces of ſugar is a reaſonable good proportion for this ſtuffe. *Quære* of moulding your birds, rabbets, &c. in the compound wax, mentioned in my *Jewell houſe*, in the title of the *Art of moulding and Caſting*, page 60. For ſo your moulds will laſt long.

You may dredge over your fowle with crums of bread, cinamon and ſugar boiled together: and ſo they will ſeeme as if they were roſted and breaded. Leach and gelly may bee caſt in this manner.

This paſte you may alſo drive with a fine rowling pin, as ſmooth and as thin as you pleaſe: it laſteth not long, and therefore it muſt bee eaten within a few dayes after the making thereof. By this meanes a banquet may bee preſented in the forme of a ſupper, being a very rare and ſtrange device.

11. *To candy Marigolds, Roses, Borage, or Rosemary-flowers.*

BOile Sugar & Rose-water a little upon a chafingdish with coales; then put the flowers (being thorowly dryed, either by the Sun or on the Fire) into the sugar, and boile them a little: then strew the powder of double refined Sugar upon them, & turne them, and let them boile a little longer, taking the dish from the fire: then strew more powdered Sugar on the contrary side of the flowers. These will dry of themselves in two or three houres in a hot sunny day, though they lie not in the Sunne.

12. *To make an excellent Marchpane paste to print off in moulds for banquetting dishes.*

TAke to every Iordan Almond blanched, three spoonefuls of the

the whiteſt refined ſugar you can get: ſearce your ſugar, and now and then, as you ſee cauſe, put in two or three drops of damaske Roſe-water: beate the ſame in a ſmooth ſtone mortar, with great labour, untill you have brought it into a dry ſtiffe paſte: one quarterne of ſugar is ſufficient to worke at once.

Make your paſte in little bals, every ball containing ſo much by eſtimation as will cover your mould or print: then roule the ſame with a rowling pin upon a ſheet of cleane paper, without ſtrewing any powdered ſugar either upon your paſte or paper.

There is a countrey Gentlewoman whom I could name, which venteth great ſtore of ſugar-cakes made of this compoſition. But the onely fault which I find in this paſte, is, that it taſteth too much of the ſugar, and too little of the almonds: and therefore you may prove the making thereof by ſuch almonds

which have had ſome part of their oile taken from them by expreſſion, before you incorporate them with the ſugar: and ſo happely you may mix a greater quantity of them with the ſugar, becauſe they are not ſo oily as the other.

You may mix cinamon or ginger in your paſte, and that wil both grace the taſte, and alter the colour; but the ſpice muſt paſſe thorow a faire ſearce: you may ſteep your almonds in cold water all night, and ſo blanch them cold: and being blanched, dry them in a ſieve over the fire. Here the garble of almonds will make a cheap paſte.

13. *The making of ſugar-plate, and caſting thereof in carved moulds.*

TAke one pound of the whiteſt refined or double refined Sugar, if you can gette it: put thereto three ounces (ſome Conſit-makers put

put ſix ounces for more gaine) of the beſt ſtarch you can buy; and if you dry the Sugar after it is powdered, it will the ſooner paſſe thorough your Lawne Searce. Then ſearce it, and lay the ſame on a heap in the midſt of a ſheet of cleane paper: in the middle of which maſſe, put a pretty lump of the bigneſſe of a walnut of gumme dragagant, firſt ſteeped in Roſe-water one night: a porenger full of Roſe-water is ſufficient to diſſolve one ounce of gum (which muſt firſt bee well picked leaving out the droſſe): remember to ſtraine the gumme thorough a canvas: then, having mixed ſome of the white of an egge with your ſtrained gumme, temper it with the ſugar betwixt your fingers by little and little, till you have wrought up all the Sugar and the Gumme together into a ſtiffe paſte; and in the tempering, let there be alwaies ſome of the ſugar betweene your fingers and the Gumme: then duſt

your woodden moulds a little with ſome of that powdered Sugar thorow a piece of Lawne, or fine linnen cloth: and having driven out with your rowling pinne a ſufficient portion of your paſte to a convenient thickneſſe, cover your mould therewith, preſſing the ſame downe into every hollow part of your mould with your fingers: and when it hath taken the whole impreſſion, knocke the mould on the edge againſt a table, and the paſte will iſſue forth, with the impreſſion of the mould upon it: or, if the mould bee deepe cutte, you may put the point of your knife gently into the deepeſt parts here and there, lifting up by little and little the paſte out of the mould.

And if, in the making of this paſte, you happen to put in too much gum, you may put more ſugar thereto, and if too much ſugar, then more gum: you muſt alſo worke this paſte into your moulds as ſpeedily as you can

can after it is once made, and before it harden: and if it grow ſo hard that it cracke, mixe more gum therewith: cut away with your knife from the edges of your paſte, all thoſe pieces which have no part of the worke upon them, and worke them up with the paſte which remaineth: and if you will make ſawcers, diſhes, bowles, &c. then (having firſt driven your paſte upon paper, firſt duſted over with ſugar to a convenient largeneſſe and thickneſſe) put the paſte into ſome ſawcer, diſh, or bowle of a good faſhion, and with your finger preſſe it gently downe to the inſides thereof, till it reſemble the ſhape of the diſh, then pare away the edges with a knife even with the skirt of your diſh, or ſawcer, and ſet it againſt the fire, till it be dry on the inſide: then with a knife get it out, as they uſe to doe a diſh of butter, and dry the backſide: then gild it on the edge with the white of an egge laid round about

about the brim of the diſh with a penſill, and preſſe the gold downe with ſome cotton; and when it is dry, skew or bruſh off the gold with the foot of a Hare or Cony. And if you would have your paſte exceeding ſmooth, as to make cards and ſuch like conceits thereof, then roule your paſte upon a ſliced paper with a ſmooth and poliſhed rowling pin.

14. *A way to make ſugar-plate both of colour and taſte of any flower.*

TAke violets, and beate them in a mortar with a little hard Sugar, then put into it a ſufficient quantitie of Roſe-water: then lay your gum in ſteep in the water, and ſo worke it into paſte: and ſo will your paſte be both of the colour of the violet, and of the ſmell of the violet. In like ſort may you worke with Marigolds, Cowſlips, Primroſes, Bugloſſe, or any other flower.

15. *To*

15. *To make paſte of Novie.*

TAke a quarter of a pound of valentian almonds, otherwiſe called the ſmall almonds, or Barbarie almonds, and beate them in a mortar till they come to paſte: then take ſtale manchet being grated, and dry it before the fire in a diſh: then ſift it: then beat it with your almonds: put in the beating of it, a little cinamon, ginger, and the iuice of a lemmon; and when it is beaten to perfect paſte, print it with your mouulds, and ſo dry it in an oven after you have drawne your bread: this paſte will laſt all the yeere.

16. *To make Jumbolls.*

TAke halfe a pound of Almonds, being beaten to paſte with a ſhort cake being grated, and 2 eggs, 2 ounces of carroway ſeeds, being beaten

beaten, and the iuice of a Lemmon: and being brought into paſte, roule it into round ſtrings: then caſt it into knots, and ſo bake it in an oven: and when they are baked, yce them with Roſe-water and Sugar, and the white of an egge being beaten together, then take a feather and gild them, then put them againe into the oven, and let them ſtand in a little while, and they will bee yced cleane over with a white yce: and ſo boxe them up, and you may keepe them all the yeare.

17. To make a paſte to keepe you moiſt, if you liſt not to drinke oft; which Ladies uſe to carry with them when the ride abroad.

TAke halfe a pound of Damaske prunes, and a quartern of dates: ſtone them both, and beate them in a mortar with one warden being roaſted, or elſe a ſlice of old marmelade:

lade: and ſo print it in your moulds, and dry it after you have drawne bread: put Ginger unto it, and you may ſerve it in a banquet.

18. *To make a Marchpane.*

TAke two pound of Almonds, being blanched and dryed in a ſieve over the fire: beate them in a ſtone mortar; and when they bee ſmall, mix them with too pound of ſugar being finely beaten, adding 2 or 3 ſpoonfuls of Roſe-water, and that will keepe your Almonds from oyling. When your paſte is beaten fine, drive it thin with a rowling pin, and ſo lay it on a bottome of wafers: then raiſe up a little edge on the ſide, and ſo bake it: then yce it with Roſe-water and Sugar: then put it into the oven againe; and when you ſee your yce is riſen up and dry, then take it out of the oven, and garniſh it with

with pretty conceits, as birds and beaſts, being caſt out of ſtanding moulds. Sticke long comfits upright in it: caſt biskets and carrowaies in it, and ſo ſerve it: gild it before you ſerve it: you may alſo print off this Marchpane paſte in your moulds for banquetting diſhes: and of this paſte our comfit-makers at this day make their letters, knots, Armes, Eſcocheons, beaſts, birds, and other fancies.

19. *To make biſket bread, otherwiſe called french biſket.*

TAke halfe a pecke of fine flower, two ounces of coriander ſeeds, one ounce of anni-ſeeds, the whites of foure egges, halfe a pinte of Ale-yeaſt, and as much water as will make it up into ſtiffe paſte; your water muſt be but bloud warm: then bake it in a long roul as big as your thigh: let it ſtay in the oven but one houre, and when it is a day old, pare

pare it and ſlice it overthwart: then ſugar it over with fine powdered ſugar, and ſo dry it in an oven againe: and being dry, take it out, and ſugar it againe: then box it, and ſo you may keepe it all the yeere.

20. *To make prince-biſket.*

TAke one pound of very fine flower, and one pound of fine ſugar, & eight egges, and two ſpoonfuls of Roſe-water, and one ounce of Carroway ſeeds, and beat it all to batter one whole houre: for the more you beat it, the better your bread is: then bake it in coffins of white plate, being baſted with a little butter before you put in your batter, and ſo keepe it.

21. *To make another kinde of biſket called biſkettello.*

TAke halfe an ounce of gummedragagant, diſſolved in Roſe-water

Roſe-water with the iuice of a lemmon, and two grains of musk: then ſtraine it thorow a faire linnen cloth, with the white of an egge: then take halfe a pound of fine ſugar beeing beaten, and one ounce of Carroway ſeeds, being alſo beaten and ſearced: and then beat them all together in a mortar, till they come to paſte: then roule them up in ſmall loaves about the bigneſſe of a ſmall egge: put under the bottome of every one a peece of a wafer, and ſo bake them in an oven upon a ſheet of paper: cut them on the ſides, as you doe a manchet, and prick them in the middeſt: when you breake them up, they will be hollow and full of eyes.

22. *To make Ginger-bread.*

TAke three ſtale manchets, and grate them: dry them, and ſift them thorow a fine ſieve: then adde unto

unto them one ounce of Ginger being beaten, and as much Cinamon, one ounce of Liquorice and Anniſeeds, beeing beaten together, and ſearced; halfe a pound of ſugar: then boil all theſe together in a poſnet, with a quart of claret wine, till they come to a ſtiffe paſte, with often ſtirring of it; and when it is ſtiffe, mould it on a table, and ſo driue it thin, and put it in your moulds: duſt your moulds with Cinamon, Ginger, and Liquorice, beeing mixed together in fine powder. This is your Ginger-bread uſed at the Court, and in all Gentlemens houſes at feſtivall times. It is otherwiſe called dry Leach.

23. *To make dry Ginger-bread.*

TAke halfe a pound of Almonds, and as much grated cake, and a pound of fine ſugar, and the yolks of two new laid egges, the iuice of a lemmon,

lemmon, and two grains of muſk: beat all theſe together till they come to a paſte: then print it with your moulds: and ſo dry it upon papers in an oven, after your bread is drawn.

24. *To make puffe-paſte.*

TAke a quart of the fineſt flower, and the whites of three egges, and the yolks of two, and a little cold water, and ſo make it into perfect paſte: then driue it with a rowling pin abroad: then put on ſmall peeces of butter, as big as nuts, upon it: then fold it over: then driue it abroad againe: then put ſmall peeces of butter upon it, as you did before: doe this ten times, alwaies folding the paſte, and putting butter betweene euery fold. You may conuey any pretty forced diſh, as Florentin, Cherry-tart, Rice, or Pippins, &c. betweene two ſheets of that paſte.

25. *To*

25. *To make paſte ſhort without butter.*

TAke a quart of fine flower, and put it into a pipkin, and bake it in an oven when you bake manchet; then take the yolkes of two or three egges, and a pinte of creame, and make paſte; put into it two ounces of ſugar being finely beaten, and ſo you ſhall make your paſte ſhort without butter or ſewet. In like ſort, when you make ſugar-cakes, bake your flower firſt.

26. *To make cryſtall gelly.*

TAke a knockle of Veale, and two calves feet (your calves feet being flayd and ſcalded) and boyle them in faire ſpring water; and when they are boyled, ready to eat, you may ſave your fleſh, and not boyle it to peeces; for, if you doe ſo, the gelly will looke thicke; then take a quart of the cleereſt

of

of the ſame broth, and put it into a poſnet, adding thereunto Ginger, white pepper, ſix whole cloves, one nutmeg quartered, one graine of Muske; put all theſe whole ſpices in a little bag, and boile them in your gelly; ſeaſon it with foure ounces of ſugar-candy, and three ſpoonfuls of Roſe-water; ſo let it run thorow your gelly-bag; and if you meane to have it looke of an amber colour, bruiſe your ſpices, and let them boile in your gelly looſe.

27. *To make Leach of Almonds.*

TAke halfe a pound of ſweete Almonds, and beat them in a mortar; then ſtraine them with a pint of ſweet milke from the cow; then put to it one graine of musk, 2 ſpoonfuls of Roſe-water, too ounces of fine ſugar, the weight of 3 whole ſhillings of Iſinglaſſe that is very white, and

and so boyle them, then let all run thorow a strainer then may you slice the same, and so serve it.

28. *To make Quidinia of Quinces.*

TAke the kernells out of eight great Quinces, and boile them in a quart of Spring water, till it come to a pint; then put into it a quarter of a pint of Rose-water, and one pound of fine sugar, and so let it boile till you see it come to be of a deepe colour; then take a drop, and drop it on the bottome of a sawcer; and if it stand, take it off; then let it runne thorough a gelly bagge into a bason; then set on your bason upon a chafing-dish of coales, to keepe it warme; then take a spoone, and fill your boxes as full as you please, and when they be cold, cover them; and if you please to print it in moulds, you must have moulds made to the bignesse of your box, and wet your moulds with Rose-water, and so let

it run into your mould; and when it is cold, turne it off into your boxes. If you wet your moulds with water, your gelly will fall out of them.

29. *To make gelly of ſtraw-berries, Mulberries, Raſpiſ-berries, or any ſuch tender fruit.*

TAke your berries, and grind them in an Alabaſter Mortar, with foure ounces of Sugar, and a quarter of a pint of faire water, and as much Roſe-water; and ſo boile it in a poſnet with a little peece of Iſinglaſſe, and ſo let it run through a fine cloth into your boxes, and ſo you may keepe it all the yeare.

30. *To make paſte of Genua of Quinces.*

TAke Quinces, and pare them, and cut them in ſlices, and bake them

them in an oven dry in an earthen pot, without any other iuice than their owne: then take one pound thereof, ſtraine it, and put it into a ſtone-mortar with halfe a pound of ſugar; and when you have beaten it up to paſte, print it in your moulds, and dry it three or foure times in an oven after you have drawne bread: and when it is thorowly dry and hardned, you may box it, and it will keepe all the yeere.

31. *To make Marmelade of Quinces or Damſons.*

WHen you have boyled your Quinces or Damſons ſufficiently, ſtraine them: then dry the pulp in a pan on the fire; and when you ſee there is no water in it, but that it beginneth to bee ſtiffe, then mix two pound of ſugar with three pound of pulp: this marmelade will bee white marmelade: and if you deſire to have it looke with

an high colour: put your ſugar and your pulp together ſo ſoone as your pulp is drawne, and let them both boile together, and ſo it will looke of the colour of ordinary marmelade, like unto a ſtewed warden; but if you dry your pulp firſt, it will looke white, and take leſſe ſugar: you ſhall know when it is thicke enough, by putting a little into a ſawcer, letting it coole before you boxe it.

32. *To make ſucket of Lettice ſtalks.*

TAke Lettice ſtalkes, and pill away the outſide: then parboile them in faire water: then let them ſtand all night dry: then take halfe a pint of the ſame liquor, and a quarter of a pint of Roſe-water, and ſo boyle it to ſirup: and when your ſirup is betwixt hot and cold, put in your aforeſaid roots, and let them ſtand all night in your ſirup to make them take ſugar, and then the

next day your ſirup will be weake againe: then boile it againe, and take out your roots. In the like ſort may you keepe Orenge pills, or greene Walnuts, or any thing that hath the bitterneſſe firſt taken from it by boyling in water.

33. *To candy Nutmegs or Ginger with an hard rock candy.*

TAke one pound of fine ſugar, and eight ſpooneſuls of Roſe-water, and the weight of ſix pence of Gum Arabique, that is cleere, boyle them together to ſuch an height, as that, dropping ſome thereof out of a ſpoone, the ſirup doe rope and runne into the ſmalneſſe of an haire: then put it into an earthen pipkin; wherein place your Nutmegs, Ginger, or ſuch like: then ſtop it cloſe with a ſawcer, and lute it well with clay, that no aire may enter: then keepe it in a hot place three weeks, and it will candy hard.

You muſt breake your pot with an hammer, for otherwiſe you cannot get out your candie. You may alſo candy Orenges or Lemmons in like ſort, if you pleaſe.

34. *To preſerve Orenges, after the Portugall faſhion.*

TAke Orenges and coare them on the ſide, and lay them in water: then boil them in faire water till they be tender: ſhift them in the boiling, to take away their bitterneſſe; then take ſugar and boile it to the height of ſirup as much as will cover them, & ſo put your Orenges into it, & that will make them take ſugar. If you have 24. Orenges beate 8. of them, till they come to paſte, with a pound of fine ſugar; then fill every one of the other orenges with the ſame, and ſo boile them againe in your ſirup: then there will bee marmelade of Orenges within your Orenges, & it will cut like an hard egg.

35. *To candy Orenge pills.*

TAke your Orenge pills, after they bee preserved: then take fine Sugar and Rose-water, and boile it to the height of *Manus Christi*: then draw thorow your Sugar; then lay them on the bottome of a sieve, and dry them in an Oven after you have drawne bread, and they will be candied.

36. *To preserve cowcumbers all the yeere.*

YOu may take a gallon of faire water, and a pottle of veriuyce, and a pinte of bay salt, and a handfull of greene Fennell or Dill: boile it a little, and when it is cold put it into a barrell, & then put your cowcumbers into that pickle, and you shall keepe them all the yeare.

37. *To preſerue broom-capers all the yeere.*

BOile a quart of veriuice, and an handfull of bay-ſalt, and therein you may keepe them all the yeere.

38. *To colour ſugar-plate with ſeverall colours.*

YOu may mixe Roſes with your fine ſearced ſugar vntill the colour pleaſe you, and ſo ſhall you haue a faire murrey colour. Sap-greene muſt be tempered in a little Roſe-water, having ſome gumme firſt diſſolved therein, and ſo lay it on with a penſill upon your paſte in apt places. With ſaffron you may make a yellow colour in the like manner, firſt drying and powdering your ſaffron; and after it hath coloured the Roſe-water ſufficiently, by ſtraining it thorough fine linnen. The powder of Cinamon

mon maketh a Walnut colour, and Ginger and Cinamon together, a lighter colour.

39. *To make Trosses for the Sea.*

FIrst make paste of sugar and gum dragagant mixed together, then mixe therewith a reasonable quantity of the powder of Cinnamon and Ginger and, if you please, a little Muske also, and make it up into roules of severall fashions, gilding them here and there. In the same manner you may also convey any purgative, vomit, or other medicine into sugar paste.

40. *To make paste of Violets, Roses, Marigolds, Cowslips, or Liquorice.*

SHred, or rather powder, the dry leaves of your flower, putting thereunto some fine powder of Ginger and Cinnamon, and a little muske if you please, mixe them all

confuſedly together: then diſſolve ſome Sugar in Roſe-water, and beeing boiled a little, put ſome Saffron therein, if you worke upon Marigolds; or elſe you may leave out your Saffron: boyle it on the fire unto a ſufficient height. You muſt alſo mixe therewith the pap of a roaſted apple, being firſt well dryed in a diſh over a Chafing diſh of coales; then poure it upon a trencher, beeing firſt ſprinkled over with Roſe-water, and with a knife worke the paſte together. Then breake ſome Sugar-candy ſmall, but not to powder, and with gumme dragagant faſten it here and there to make it ſeeme as if it were roch candied: cut the paſte into peeces of what faſhion you liſt, with a knife firſt wet in Roſe-water. In liquorice paſte you muſt leave out the pap of the pippin, and then worke your paſte into dry roules. Remember to ſearce the Liquorice thorow a fine Searce. Theſe roules are

are very good againſt any cough or colde.

41. *To make Marmelade of Lemmons or Orenges.*

TAke ten Lemmons or Orenges, & boile them with halfe a dozen pippins, and ſo draw them thorow a ſtrainer: then take ſo much Sugar as the pulp doth weigh, and boile it as you doe Marmelade of Quinces, and then boxe it vp.

42. *How to candy Nutmegs, Ginger, Mace, and flowers, in halfe a day with hard or roch candy.*

LAy your nutmegs in ſteepe in common Lee, made with ordinary aſhes, 24. houres; take them out and boile them in faire water till they bee tender, and ſo take out the Lee: then dry them, and make a ſirup of double refined Sugar, and a little Roſewater, to the height of

of a *manus Chriſti*: place this ſirup in a gentle Balneo, or ſome ſmall heate, putting your Nutmegs into the ſirup. Note, that you muſt skum the ſugar, as it caſteth any skumme, before you put in your Nutmegs; then, having ſugar-candy firſt bruiſed groſſely, and ſeatced thorough colanders of ſeverall bigneſſe, take the ſmalleſt thereof, and roule your Nutmegs up and downe therein, either in a diſh or upon cleane paper: then ſtove your Nutmegges in a cupboard with a Chafing-diſh of coales, which muſt be made hot of purpoſe, before you ſet them in: and when they are dry enough, dip them againe in freſh ſirup, boiled to his height, as before, and roule them in the groſſer Sugar, candy, and then ſtove them again till they bee hard, and ſo the third time if you will increaſe their candie. Note, that you muſt ſpend all the Sugar which you diſſolve at one time with candying of one thing or other, there-

therein preſently. The ſtronger that your Lee is, the better; and the Nutmeg, Ginger, &c. would lye in ſteepe in the Lee, 10. or 12. dayes, and after in the ſirup of ſugar in a ſtove, or cupboard, with a Chafing-diſh and coales, one whole weeke, and then you may candy them ſuddenly, as before. Flowers and fruits are done preſently, without any ſuch ſteeping or ſtoving as before: onely they muſt bee put into the ſtove after they are coated, with your powdered ſugar-candy. And thoſe flowers of fruits, as they are ſuddenly done, ſo they will not laſt above two or three dayes faire, and therefore onely to be prepared for ſome ſet Banquet.

34. *Caſting of Sugar in party moulds of wood.*

LAy your moulds in faire water three or foure houres before you

you caſt, then drie up your inward moyſture with a cloth of Linnen, then boile roſe-water and refined ſugar together, but not to any great ſtiffeneſſe; then poure it into your moulds: let your moulds ſtand one houre, and then gently part or open the moulds, and take out that which you have caſt. You may alſo worke the paſte, *antenumero*, 12, 13. into theſe moulds, firſt printing or preſſing gently a little of the paſte into the one halfe, and after with a knife, taking away the ſuperfluous edges, and ſo likewiſe of the other halfe: then preſſe both ſides of the mould together, two or three times, and after take away the creſt that will ariſe in the middeſt. And to make the ſides to cleave together, you may touch them firſt over with gumme dragagant diſſolved, before you preſſe the ſides of the mould together. Note, that you may convey Comfits within, before you cloſe the ſides. You may caſt of any

any of theſe mixtures or paſtes in Alabaſter moulds, moulded from the life.

44. *To mould off a Lemmon, Orenge, Peare, Nut. &c. and after to caſt it hollow within of Sugar.*

FIll a wooden platter halfe full of ſand, then preſſe downe a Lemmon, Peare, &c. therein to the iuſt halfe thereof: then temper ſome burnt Alabaſter with faire water, in a ſtone or copper diſh, of the bigneſſe of a great ſilver boule, and caſt this pap into your ſand, and from thence clap it upon the Lemmon, Peare, &c. preſſing the pap cloſe unto it. Then after a while take out this halfe part with the Lemmon in it, and pare it even in the inſides, as neere as you can, to make it reſemble the iuſt halfe of your Lemmon, then make 2. or 3. little holes in the halfe (viz. in the edges therof) laying it downe in the ſand againe, and ſo caſt

caſt another halfe unto it, then cut off a peece of the top of both your party moulds, and caſt thereto another cap in like manner as you did before. Keepe theſe three parts bound together with tape, till you have cauſe to uſe them: and before you caſt, lay them alwayes in water, and dry up the water againe before you poure in the Sugar. Colour your Lemmon with a little Saffron ſteeped in Roſe-water. Uſe your Sugar in this manner: Boile refined or rather double refined Sugar and Roſe-water to his full height, viz. till by powring ſome out of a ſpoone, it will run at the laſt as fine as a haire, then taking off the cappe of your mould, poure the ſame therein, filling vp the mould above the hole, and preſently clap on the cappe, and preſſe it downe upon the Sugar; then ſwing it up and downe in your hand, turning it round and bringing the neather part ſometimes

times to bee the upper part in the turning, and *è converſo*. This is the manner of uſing an Orenge, Lemmon, or other round mould: but if it be long, as a pigs foot will bee, being moulded, then roule it, and turn it up and downe long-wayes in the aire.

45. *How to keepe the dry pulp of cherries, prunes, damſons, &c. all the yeere.*

YOu may take of thoſe kinde of cherries that are ſharpe in taſte (*Quere* if the common blacke & red cherrie will not alſo ſerve, having in the end of the decoction a little oyle of Vitrioll, or Sulphur, or ſome veriuice of ſower grapes, or iuice of lemmons mixed therewith, to give a ſufficient tartneſſe): pull off their ſtalks, and boile them by themſelves, without the addition of any liquor in a caldron or pipkin; and when they begin once to boile in their owne

owne iuice, ſtirre them hard at the bottom with a ſpattle, leſt they burne to the pann's bottome. They have boiled ſufficiently, when they have caſt off all their skins, and that the pulp and ſubſtance of the cherries is growne to a thicke pap: then take it from the fire, and let it coole: then divide the ſtones and skins by paſſing the pulpe onely thorow the bottome of a Strainer reverſed, as they uſe in *Caſsia fiſtula*; then take this pulpe, and ſpread it thin upon glazed ſtones or diſhes, and ſo let it dry in the Sunne, or elſe in an Oven preſently after you have drawn your bread: then looſe it from the ſtone or diſh, and keepe it to provoke the appetite, and to coole the ſtomacke, in Fevers and all other hot diſeaſes. Prove the ſame in all manner of fruite. If you feare aduſtion in this worke, you may finiſh it in hote Balneo.

46. *How to dry all manner of plums or Cherries in the Sunne.*

IF it be a ſmall fruite, you muſt dry them whole, by laying them abroad in the hot Sunne, in ſtone or pewter diſhes, on iron or braſſe pans, turning them as you ſhall ſee cauſe. But if the plum be of any largeneſſe, ſlit each plum on the one ſide, from the top to the bottome; and then lay them abroad in the Sunne: but if they be of the biggeſt ſort, then give either plum a ſlit on each ſide; and if the Sun doe not ſhine ſufficiently during the practice, then dry them in an Oven that is temperately warme.

47. *How to keepe Apples, Peares, Quinces, wardens, &c. all the yeere, dry.*

PAre them, take out the coare, and ſlyce them in thinne ſlyces, lay-

laying them to dry in the Sunne in ſome ſtone or metalline diſhes, or upon a high Frame covered with coorſe canvas, now and then turning them: and ſo they will keepe all the yeere.

48. *To make green ginger upon ſirup.*

TAke Ginger one pound: pare it cleane: ſteepe it in red wine and vinegar equally mixed: let it ſtand ſo xii. dayes in a cloſe veſſell, and every day once or twice ſtir it up and downe: then take of wine one gallon, and of vinegar a pottle: ſeethe all together to the conſumption of a moity or halfe: then take a pottle of cleane clarified hony, or more, and put thereunto, and let them boile well together: then take halfe an ounce of ſaffron finely beaten, and put it thereto, with ſome ſugar if you pleaſe.

49. *To make ſucket of greene Walnuts.*

TAke Walnuts when they are no bigger than the largeſt haſell nut: pare away the uppermoſt green; but not too deep: then ſeethe them in a pottle of water, till the water bee ſodden away: then take ſo much more of freſh water; and when it is ſodden to the halfe, put thereto a quart of vineger, and a pottle of clarified hony.

50. *To make conſerve of Prunes or Damſons.*

TAke ripe Damſons: put them into ſcalding water: let them ſtand a while: then boile them over the fire till they break: then ſtraine out the water thorow a colander, and let them ſtand therein to coole: then ſtraine the Damſons thorough the colander, taking away the ſtones and

and skinnes: then ſet the pulp over the fire againe, and put thereto a good quantity of red wine, and boile them well to a ſtiffeneſſe, ever ſtirring them up and downe; and when they be almoſt ſufficiently boiled, put in a convenient proportion of ſugar: ſtirre all well together, and after put it in your gally-pots.

51. *To make conſerve of Strawberries.*

FIrſt, ſeethe them in water, and then caſt away the water, and ſtraine them: then boile them in white wine, and worke as before in damſons; or elſe ſtraine them being ripe: then boile them in wine and ſugar till they be ſtiffe.

52. *Conſerve of Prunes or Damſons made another way.*

TAke a pottle of damſons: pricke them, and put them into a pot, putting

putting thereto a pint of Rose-water or wine, and cover your pot: let them boile well: then incorporate them by stirring; and, when they be tender, let them coole, and straine them with the liquor also: then take the pulp, and set it over the fire; and put thereto a sufficient quantity of sugar, and boile them to their height or consistency, and put it up in gally-pots or iarre glasses.

53. *How to candy Ginger, Nutmegs, or any root or flowers.*

TAke a quarter of a pound of the best refined sugar, or sugar-candy, which you can get: powder it: put thereto two spoonfuls of Rose-water: dip therein your Nutmegs, Ginger, roots, &c. beeing first sodden in faire water till they be soft and tender: the oftner you dip them in your sirup, the thicker the candy will bee, but

but it will be the longer in candying: your ſirup muſt be of ſuch ſtiffnes: as that a drop thereof, being let fall upon a pewter-diſh, may congeale and harden being cold. You muſt make your ſirup in a Chafingdiſh of coales, keeping a gentle fire. After your ſirup is once at his full height, then put them upon papers preſently into a ſtove, or in diſhes: continue fire ſome tenne or twelve dayes, till you finde the candy hard, and gliſtering like diamonds: you muſt dip the red roſe, the gilliflower, the marigold, the borrage-flower, and all other flowers but once.

14. The Art of comfet making, teaching how to cover all kinds of ſeedes, fruits or ſpices with ſugar.

FIrſt of all you muſt have a deepe bottomed baſon of fine cleane braſſe or latten, with two eares of iron to hang it with two ſeverall cords

cords over a baſon or earthen pan with hot coales.

You muſt alſo have a broad pan to put aſhes in, and hot coales upon them.

You muſt have a cleane latten baſon to melt your ſugar in, or a faire braſen skillet.

You muſt alſo have a fine braſen ladle, to let run the ſugar upon the ſeeds.

you muſt alſo have a braſen ſlice, to ſcrape away the ſugar from the hanging baſon if neede require.

Having all theſe neceſſarie veſſels and inſtruments, worke as followeth.

Chooſe the whiteſt, fineſt, and hardeſt ſugar, and then you neede not to clarifie it, but beate it onely into fine powder, that it may diſſolve the ſooner.

But firſt make all your ſeeds very cleane, and dry them in your hanging baſon.

Take, for every two pound of sugar, a quarter of a pound of Annis-seeds, or Coriander-seeds, and your comfits will be great enough: and if you will make them greater, take halfe a pound more of sugar, or one pound more, and then they will bee faire and large.

And halfe a pound of Annis-seeds with two pound of sugar, will make fine small comfits.

You may also take a quarter and a halfe of Annis-seeds, and three pound of Sugar, or halfe a pound of Annis-seeds, and foure pound of Sugar. Doe the like in Coriander-seeds.

Melt your Sugar in this manner: *viz.* Put three pounds of your powder-sugar into the Bason, and one pinte of cleane running water thereunto: stirre it well with a brazen slice, untill all be moist and well wet: then set it over the fire, without smoke or flame, and melt it well, that there be no whole

gristie sugar in the bottome, and set it seethe mildely, untill it will streame from the ladle like Turpentine, with a long streame, and not drop: when it is come to his decoction, let it seethe no more, but keepe it upon hot embers, that it may run from the Ladle upon the seeds.

To make them speedily, let your water bee seething hot, or seething, and put powder of sugar to them: cast on your Sugar boiling hote: have a good warme fire under the hanging bason.

Take as much water to your sugar as will dissolve the same.

Never skim your sugar, if it bee cleane and fine.

Put no kind of starch or Amylum to your sugar.

Seethe not your Sugar too long: for, that will make it blacke, yellow or tawnie.

Moove the seeds in the hanging bason as fast as you can or may,

when the ſugar is in caſting.

At the firſt coate put on but one halfe ſpoonefull with the ladle, and all to move the baſon, move, ſtirre and rubbe the ſeedes with thy left hand a pretty while, for they will take ſugar the better, and dry them well after every coate.

Doe this at euery coate, not onely in moving the baſon, but alſo with the ſtirring of the comfits with the left hand, and drying the ſame, thus dooing you ſhall make good ſpeed in the making: as, in every three houres you may make three pound of comfits.

And as the comfits doe increaſe in greatneſſe, ſo you may take more Sugar in your ladle to caſt on. But for plaine comfits, let your Sugar be of a light decoction laſt, and of a higher decoction firſt, and not too hote.

For criſpe and ragged comfits, make your ſugar of a high decoction, even as high as it may runne

from the ladle, and let fall a foot high or more from the ladle, and the hotter you caſt in your ſugar, the more ragged will your comfits be. Alſo the comfits will not take ſo much of the ſugar as they will upon a light decoction, and they will keepe their raggedneſſe long. This high decoction muſt ſerve for eight or ten coates in the end of the work, and put on at every time but one ſpoonefull, and have a light hand with your baſon, caſting on but little ſugar.

A quarter of a pound of Coriander ſeeds, and three pound of ſugar will make great, huge, and bigge comfits.

See that you keepe your Sugar alwayes in good temper in the baſon, that it burne not into lumpes or gobbets: and if your ſugar bee at any time too high boyled, put in a ſpoonefull or two of water, and keepe it warily with the ladle, and let your fire alwayes bee without

ſmoke or flame.

Some commend a Ladle that hath a hole in it to let the ſugar run thorow of a height: but you may make your comfits in their perfect forme and ſhape, onely with a plaine Ladle.

When your comfits bee made, ſet your diſhes with your comfits upon papers in them, before the heat of the fire, or in the hot Sunne, or in an Oven after the bread is drawne, by the ſpace of an houre or two, and this will make them to bee very white.

Take a quarter of a pound of Annis-ſeeds, and two pound of Sugar, and this proportion will make them very great: and even a like quantity take of Carroway-ſeed, Fennell-ſeed, and Coriander-ſeed.

Take of the fineſt Cinamon, and cut it into pretty ſmall ſtickes beeing dry, and beware you wet it not: for, that deadeth the Cinamon:

mon: And their worke as in other comfits. Doe this with Orengerindes likewise.

Worke upon Ginger, Cloves, and Almonds, as upon other seeds.

The smaller that Annis-seed comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinamon, two drammes; of fine Muske, dissolved in a little water, one scruple: mingle these all together in the hanging Bason, and cast them upon Sugar of a good decoction. Then, with thy left hand, moove it to and fro, and dry it well: doe this often, untill they be as great as Poppie-seeds; and give, in the end, three or foure coates of a light decoction, that they may be round and plaine: and, with an high decoction, you may make them crispe.

You must have a coorse fearce made for the purpose with haire, or with parchment full of holes, to

part and divide the comfits into ſeverall ſorts.

To make paſte for comfits, Take fine grated breade foure ounces, fine elect Cinamon powdred halfe an ounce, of fine ginger powder one dramme, ſaffron powder, a little; white ſugar two ounces, and a few ſpoonfulls of borrage-water, ſeethe the water and the ſugar together, and put to the Saffron, then firſt mingle the crummes of breade, and the ſpices well together, drie them, put the liquor ſcalding hote upon the ſtuffe, and beeing hote, labour it with thy hand, and make balles or other formes thereof, dry them and cover them as comfits.

Coriander ſeeds two ounces, ſugar one pound and a halfe, maketh very fairy comfits.

Annis-ſeedes three ounces, Sugar halfe a pound, of annis-ſeedes two ounces, & ſugar ſix ounces, will make faire comfits.

Every dram of fine Cinamon, will

will take at the leaſt a pound of ſugar for biskets, and likewiſe of ſugar or ginger powder.

Halfe an ounce of groſſe Cinamon will make almoſt three drams of fine powder ſcarced, after it is well beaten.

Sugar powder one ounce will take at the leaſt a pound of ſugar to make your biskets faire.

Carrowayes will bee faire at 12. coates.

Put into the ſugar a little Amylum diſſolved for five or ſix of the leaſt coates, and that will make them exceeding criſpe: and if you put too much Amylum or ſtarch to the comfits which you would have criſpe, it will make them flat and ſmooth.

In any other confection of paſted ſugar, mixed with gum Dragagant, put no kinde of Amylum: beware of it, for it will make the worke clammie.

To make red comfits, ſeethe three

or ſoure ounces of brazell with a little water: take of this red water, 4. ſpoonfulls; of ſugar, one ounce, and boile it to his decoction: then give 6. coats, and it will bee of a good colour; or elſe you may turne ſo much water with one dramme of turnſole, doing as before.

To make greene comfits, ſeethe ſugar with the juice of beets.

To make them yellow, ſeethe ſaffron with ſugar.

In making of comfits, alwayes when the water doth ſeethe, then put in your ſugar-powder, and let it ſeethe a little, untill it be cleane diſſolved and boiled to his perfect decoction, and that the whiteneſſe of the colour be cleane gone: and if you let it ſettle, you ſhall ſee the ſugar ſomewhat cleere.

For biskets, take two ſpoonfulls of liquor of ſugar, ſearced in a coorſe ſearce, one dramme; and of ſugar-powder, to bee molt and caſt, one ounce. This done, will make the biskets

biskets ſomewhat faire, and ſomewhat greater than Poppy-ſeeds.

Aliter. Take Sugar-powder, foure drams; ſugar to caſt, foure ounces, with liquor ſufficient: lay gold or ſilver on your comfits.

Every dram of ſugar powder will take an ounce of ſugar to bee caſt: 8. drams make one ounce. To thus much powder for biskets, take halfe a pound of ſugar to caſt thereon.

Coriander-ſeeds, a quarter of a pound; ſugar, 3. pound; Coriander-ſeeds, halfe a pound; ſugar, 3. drams, will make faire comfits.

For biskets, Annis-ſeeds, halfe a pound; Fennell-ſeeds, a quarter of a pound; and ſugar, two pound ſufficeth.

In ſix or eight of the laſt coats put in two ſpoonfuls of ſugar very hot, to make them criſp.

To one pound of ſugar, take 9. ounces of water.

55. To make a cullis as white as ſnow, and in the nature of gelly.

TAke a cocke, ſcalde, waſh and draw him cleane, ſeethe it in white wine or Rheniſh wine: Scum it clean, clarifie the broth after it is ſtrained, then take a pint of thicke and ſweet creame, ſtraine that to your clarified broth, and your broth will become exceeding faire and white: then take powdered ginger, fine white ſugar & Roſe-water, ſeething your cullis when you ſeaſon it, to make it take the colour the better.

56. To make waſers.

TAke a pint of flower, put into it a little creame with two yolkes of egges and a little Roſe-water, with a little ſearced Cinamon and ſugar, worke them all together, and bake the paſte upon hot Irons.

57. To

57. *To make Almond butter.*

BLanch your Almonds, and beate them as fine as you can with faire water, two or three houres, then straine them through a linnen cloth, boile them with Rose-water, whole mace and annis-seeds, till the substance be thicke: spread it upon a faire cloth, dreming the whey from it, after let it hang in the same cloth some few houres, then straine it and season it with Rose-water and sugar.

58. *A white gelly of Almonds.*

TAke Rose-water, gumme Dragagant dissolved, or Isinglasse dissolved, and some Cinamon grossely beaten, seethe them all together, then take a pound of Almonds, blanch and beate them fine with a little faire water, dry them in a faire cloth: and put your

your water aforeſaid into the Almonds, ſeethe them together and ſtir them continually, then take them from the fire, when all is boiled to a ſufficient height.

59. To make leach.

SEethe a pint of creame, and in the ſeething put in ſome diſſolved Iſinglaſſe, ſtirring it till it bee very thicke, then take a handfull of blanched Almonds, beat them and put them in a diſh with your Creame, ſeaſoning them with ſugar, and after ſlice it and diſh it.

60, Swette Cakes without either ſpice or ſugar.

SCrape or waſh your Parſneps cleane, ſlice them thinne, dry them upon Canvas or Net-worke frames, beat them to powder, mixing one third thereof with two thirds

thirds of fine wheat flower: make up your paſte into coats, and you ſhall finde them very ſweete and delicate.

61. *Roſes and gilliflowers kept long.*

COver a Roſe that is freſh, and in the bud, and gathered in a faire day after the dew is aſcended, with the whites of egges well beaten, and preſently ſtrew thereon the fine powder of ſearced Sugar, and put them up in luted pots, ſetting the pots in a coole place in ſand or gravell: with a fillip at any time you may ſhake off this incloſure.

62. *Grapes growing all the yeere.*

PVt a Vine ſtalke thorough a Basket of earth in December, which is likely to beare Grapes, that

that yeere, and when the grapes are ripe cut off the ſtalke under the baſket (for by this time it hath taken roote) keepe the basket in a warme place, and the grapes will continue freſh and faire a long time upon the vine.

63. *How to dry Roſe-leaves, or any other ſingle flower without wrinkling.*

IF you would performe the ſame well in roſe-leaves, you muſt in roſe time make choiſe of ſuch roſes as are neither in the bud, nor full blowne (for theſe have the ſmoothest leaves of all other) which you moſt eſpecially cull and chuſe from the reſt: then take right Callis ſand, waſh it in ſome change of waters, and dry it thoroughly well: either in an oven, or in the ſunne; and hauing ſhallow, ſquare or long boxes of 4. 5. or 6. inches deepe, make firſt an even lay of ſand in the bottom, upon which

which lay your Roſe-leaves, one by one (ſo as one of them touch other) till you have covered all the ſand, then ſtrowe ſand upon thoſe leaves, till you have thinly covered them all, and then make another laie of leaves as before, and ſo lay upon lay, &c. Set this box in ſome warme place in a hot ſunny day, (and commonly in two hot ſunnie dayes they will bee thorow dry) then take them out carefully with your hand without breaking. Keepe theſe leaves in Iarre glaſſes, bound about with paper, neere a chimney, or ſtove, for feare of relenting. I finde the red Roſe leafe beſt to be kept in this manner; alſo take away the ſtalkes of panſies, ſtocke-gilliflowers, or other ſingle flowers, pricke them one by one in ſand, preſſing downe their leaves ſmooth with more ſand layd evenly upon them. And thus you may have Roſe-leaves, and other flowers to lay about your ba-

baſons, windowes, &c. all the winter long. Alſo this ſecret is very requiſite for a good ſimplifier, becauſe he may dry the leafe of any herbe in this manner: and lay it, being dry, in his Herball, with the ſimple which it repreſenteth, whereby hee may eaſily learne to know the names of all ſimples which hee deſireth.

64. *Cluſters of Grapes kept till Eaſter.*

CLuſters of Grapes, hanging upon lines within a cloſe Preſſe, will laſt till Eaſter. If they ſhrinke, you may plumpe them up with a little warme water before you eate them. Some uſe to dip the ends of the ſtalkes firſt in pitch: ſome cut a branch off the Vine with every cluſter, placing an Apple at each end of the branch, now and then renewing thoſe Apples as they rot; and after hanging them within a Preſſe or Cupboard, which would

would ſtand in ſuch a roome (as I ſuppoſe) where the grapes might not freeze: for otherwiſe you muſt bee forced now and then to make a gentle fire in the room, or elſe the graps will rot and periſh.

65. *How to keepe Walnuts a long time plumpe and freſh.*

MAKE a lay of the dry ſtampings of crabs when the verjuice is preſſed from them, cover that lay with Walnuts, & upon them make another lay of ſtampings, and ſo one lay upon another till your veſſel be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. *An excellent conceit upon the kernels of dry walnuts.*

GAther not your Walnuts before they be ful ripe, keep them without

out any art untill New-yeeres tide, then breake the ſhelles carefully, ſo as you deface not the kernels: (and therefore you muſt take choiſe of ſuch nuts as have thin ſhels) whatſoever you finde to come away eaſily, remove it: ſteepe theſe kernels in conduit water, forty eight houres, then will they ſwell and grow very plumpe and faire, and you may pill them eaſily, and preſent them to any friend you have for a New-yeeres gift: but being pilled, they muſt bee eaten within two or three houres, or elſe they loſe their whitneſſe and beautie, but unpilled they will laſt two or three dayes faire and freſh. This of a kinde Gentlewoman, whoſe skill I doe highly commend, and whoſe caſe I doe greatly pitty; ſuch are the hard fortunes of the beſt wits and natures in our dayes.

67. How to keepe Quinces in a moſt excellent manner.

Make

MAKE choiſe of ſuch as are ſound; and gathered in a faire, dry and ſunny day, place them in a veſſell of wood, containing a firkin or thereabout, then cover them with penny ale, and ſo let them reſt: and if the liquor carry any bad ſcum, after a day or two take it off; every 10. or 12. dayes let out your penny ale at a hole in the bottome of your veſſell, ſtop the hole, and fill it up againe with freſh penny ale: you may have as much for two pence at a time as will ſerve for this purpoſe. Theſe Quinces being baked at Whitſontide, did taſte more daintily than any of thoſe which are kept in our uſuall decoctions or pickles.

Alſo if you take white wine Lees that are neat (but then I feare you muſt get them of the Merchant, for your Tavernes doe hardly affoord any) you may keepe your Quinces in them very faire and freſh all the yeere, and therein may you

you alſo keepe your barbaries both full and faire coloured.

68. *Keeping of Pomegranats.*

MAke choiſe of ſuch Pomgranats as are ſound, and not prickt, as they terme it, lap them over thinly with wax, hang them upon nailes, where they may touch nothing, in ſome cupboard or cloſet in your bed chamber, where you keepe a continuall fire, and every 3. or 4. dayes turne the under ſides uppermoſt: and therefore you muſt ſo hang them in packthreed, that they may have a bow knot at either end. This way Pomgranates have beene freſh till Whitſontide.

69. *Preſerving of Artichokes.*

CUt off the ſtalkes of your Artichokes within two inches of the Apple; and of all the reſt of the ſtalkes make a ſtrong decocti-

on,

on, ſlicing them into thinne and ſmall peeces, and keepe them in this decoction: when you ſpend them, you muſt lay them firſt in warme water, and then in colde, to take away the bitternelle of them. This of M. *Parſons*, that honeſt and painefull practicer in his profeſſion.

In a milde and warme winter, about a moneth or three weekes before Chriſtmas, I cauſed great ſtore of Artichokes to be gathered with their ſtalkes in their full length as they grew: and, making firſt a good thicke Lay of Artichoke-leaves in the bottome of a great and large veſſell, I placed my Artichokes, one upon another, as cloſe as I could couch them, covering them over of a pretty thickeneſſe with Artichoke-leaves: thoſe Artichokes were ſerved in at my Table all the Lent after, the apples being red and ſound, onely the tops of the leaves a little vaded, which

which I did cut away.

70. *Fruit preſerved in pitch.*

DWayberries that doe ſomewhat reſemble blacke cherries, called in Latine by the name of *Solanum lethale*, being dipped in molten pitch, being almoſt cold, & before it congeale and harden againe, and ſo hung up by their ſtalkes, will laſt a whole yeere. *Probat. per* M. *Parſons*, the Apothecary. Prove what other fruits will alſo bee preſerved in this manner.

71. *To make Clove or Cinamon Sugar.*

LAy pieces of ſugar in cloſe boxes amongſt ſticks of Cinamon, cloves, &c. and in a ſhort time it will purchaſe both the taſte & ſent of the ſpice. *Probat.* in cloves.

72. *Haſell Nuts kept long.*

A Man of great yeares and experience aſſured me, that Nuts may be kept a long time with full kernels, by burying them in earthen pottes well ſtopt a foote or two in the ground: they keepe beſt in gravellie or ſandy places. But theſe nuts I am ſure will yeeld no oile as other nuts will, that wexe drie in the ſhels with long keeping.

73. *Cheſnuts kept all the yeere.*

AFter the bread is drawne, diſperſe your Nuts thinly over the bottome of the Oven, and by this means the moyſture beeing dryed up, the Nuts will laſt all the yeere: if at any time you perceive them to relent, put them into your Oven again, as before.

Secrets in Distillation.

1. *How to make true spirit of wine.*

TAke the finest paper you can get, or else some Virgin-parchment; straine it very right and stiffe over the glasse body, wherein you put your Sacke, Malmesie or Muskadine; oyle the paper or Virgin-parchment with a pensill, moistened in the oyle of Ben, and distill it in Balneo with a gentle fire, and by this meanes you shall purchase onely the true Spirit of Wine. You shall not have above two or three ounces at the most out of a gallon of Wine, which ascendeth in the forme of a cloud, without any dew or veines in the helme: lute all

all the joynts well in this distillation. This Spirit will vanish in the ayre, if the glasse stand open.

2. *How to make the ordinary Spirit of wine that is sold for five shillings and a noble a pinte.*

PUt Sacke, Malmesie, or Muskadine into a glasse body, leaving one third or more of your glasse empty, set it in balneo, or in a pan of ashes, keeping a soft and gentle fire: draw no longer than till all or most part will burne away, which you may prove now and then, by setting a spoonefull thereof on fire with a paper, as it droppeth from the nose or pipe of the helme: & if your spirit thus drawn have any phlegme therein, then rectifie or re-distill that spirit againe in a lesser body, or in a bolt receiver in stead of another body, luting a small head on the top of the

steele thereof, and so you shall have a very strong spirit: or else for more expedition, distill 5. or 6. gallons of wine by Limbecke; and that spirit, which ascendeth afterward, re-distill in glasse, as before.

3. *Spirits of spices.*

DIstill with a gentle heat either in Balneo, or ashes, the strong and sweete water, wherewith you have drawne oyle of cloves, mace, nutmegs, juniper, rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate Spirit of each of the said aromaticall bodies.

4. *Spirit of wine, tasting of what vegetables you please.*

MAcerate Rosemary, Sage, sweete Fennell-seeds, Marjoram, Lemmon or Orenge-pils, &c. in

in spirit of wine a day or two, & then distill it over again, unlesse you had rather have it in his proper colour: for so you shall have it upon the first infusion without any farther distillation: and some young Alchymists doe hold these for the true spirits of vegetables.

5. *How to make the water which is usually called Balme-water.*

TO every gallon of Claret wine put one pound of greene balme. Keep that which commeth first, and is cleerest, by it selfe: and the second and whiter sort, which is weakest and commeth last, by it selfe: distill in a pewter Limbecke luted with paste to a brasse-pot. Draw this in May or June, when the herb is in his prime.

6. Rosa-solis.

TAke of the herbe Rosa-solis, gathered in Julie, one gallon,

picke out all the blacke moats from the leaves; Dates, halfe a pound; Cinamon, Ginger, Cloves, of each one ounce; grains, halfe an ounce; fine Sugar a pound and a halfe; red Roſe-leaves, greene or dryed, foure handfuls: ſteepe all theſe in a gallon of good Aqua Compoſita, in a glaſſe cloſe ſtopped with wax, during twenty dayes: ſhake it well together once every two dayes. Your Sugar muſt be powdred, your ſpices bruiſed onely, or groſſely beaten; your Dates cut in long ſlices, the ſtones taken away. If you adde two or three graines of Amber-greece, and as much Muske, in your glaſſe, among the reſt of the ingredients, it will have a pleaſant ſmell. Some adde the Gum Amber, with corall and pearle finely powdred, and fine leafe-gold. Some uſe to boile Ferdinando-bucke in Roſe-water, till they have purchaſed a faire, deepe crimſon colour: and when the ſame is cold, they colour their Roſa-ſolis and

and Aqua Rubea therewith.

7. *Aqua Rubea.*

TAke of Musk sixe grains: of Cinamon and Ginger, of each one ounce; white sugar-candy, one pound: powder the Sugar, and bruise the spices grossly: binde them up in a cleane linnen cloth, and put them to infuse in a gallon of Aqua composita, in a glasse close stopt twenty foure hours, shaking them together divers times: then put thereto of Turnesole one dramme: suffer it to stand one houre, and then shake all together: then, if the colour like you after it is settled, poure the cleerest forth into another glasse: but if you will have it deeper coloured, suffer it to worke longer upon the Turnsole.

8. D. Stevens *Aqua composita.*

TAke a gallon of Gascion wine, of Ginger, Galingale, Cinamon, Nutmegs and graines, Annis-seeds, Fennel-seeds, and Carroway seeds, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme Camomil, Lavender, of each a handfull: bray the spices small, and bruise the herbs, letting them macerate 12. houres, stirring it now and then, then distill by a Limbeck of pewter, keeping the first cleere water that commeth, by it selfe, and so likewise the second. You shall draw much about a pint of the better sort from every gallon of wine.

9. *Usque-bath or Irish Aqua vitæ.*

TO Every gallon of good Aqua composita, put two ounces of chosen

choſen liquorice bruiſed, and cut into ſmall pieces, but firſt cleanſed from all his filth, and two ounces of Annis-ſeeds that are cleane and bruiſed: let them macerate five or ſixe dayes in a wooden veſſell, ſtopping the ſame cloſe, and then draw off as much as will run cleere, diſſolving in that cleere Aqua vitæ five or ſixe ſpoonfuls of the beſt Malaſſoes you can get (Spaniſh Cane, if you can get it, is thought better than Malaſſoes) then put this into another veſſell; and after three or foure dayes (the more the better) when the liquor hath fined it ſelfe, you may uſe the ſame; ſome adde Dates and raiſins of the Sunne to this receipt; thoſe grounds which remaine you may rediſtill, and make more Aqua compoſita of them, and of that Aqua compoſita you may make more Uſque-bath.

10. *Cinamon-water.*

HAving a Copper body or Brasse pot that will hold 12. gallons, you may well make 2. or 3. gallons of Cinamon-water at once. Put into your body over-night vi. gallons of conduit water, and two gallons of Spirit of wine, or, to save charge, two gallons of Spirit drawne from wine lees, Ale, or low Wine, sixe pound of the best and largest Cinamon you can get, or else eight pound of the second sort well bruised, but not beaten into powder: lute your Limbeck, and begin with a good fire of wood and coales, till the vessell begin to distill; then moderate your fire, so as your Pipe may drop apace, and runne trickling into the Receiver, but blow not at any time. It helpeth much herein to keepe the water in the Bucket not too hote, by often change thereof: it must never

never be so hot, but that you may well endure your finger therein. Then divide into quart glasses the Spirit which first ascendeth, and wherein you finde either no taste, or very small taste of the Cinamon, then may you boldly, after the Spirit once beginneth to come strong of the Cinamon, draw untill you have gotten at the least a gallon in the receiver, and then divide often by halfe pintes, and quarters of pintes, lest you draw too long: which you shall know by the fainte taste and milkie colour, which distilleth to the end: this you must now and then taste in a spoone. Now when you have drawne so much as you finde good, you may adde thereunto so much of your Spirit that came before your Cinamon-water, as the same will well beare, which you must finde by your taste. But if your Spirit and your Cinamon bee both good, you may of the afore-

aforesaid proportion will make up two gallons, or two gallons and a quart of good Cinamon-water. Heere note, that it is not amisse to observe which glasse was first filled with the spirit that ascended, and so of the second, third and fourth: and when you mixe, beginne with the last glasse first, and so with the next, because those have more taste of the Cinamon than that which came first, and therefore more fit to bee mixed with your Cinamon-water. And if you meane to make but 8. or 9. pintes at once, then beginne but with the halfe of this proportion. Also that spirit which remaineth unmixed doth serve to make Cinamon-water the second time. This way I have often proved, and found most excellent: take heede that your Limbecke be cleane, and have no manner of sent in it, but of wine or Cinamon, and so likewise of the glasses, funnells and pots which you

you shall vse about this worke.

11. *How to distill Isop, Thyme, Lauender, Rosemary, &c. after a new and excellent manner.*

HAuing a large pot containing 12. or 14. gallons with a Limbecke to it, or else a copper bodie with a serpentine of 20. or 24. gallons, and a copper head, beeing such a vessell as is commonly vsed in the drawing of Aqua vitæ, fill two parts thereof with faire water, and one other third part with such hearbes as you would distill; the hearbes beeing eyther moist or drie, skilleth not greatly whether: let the hearbes macerate all night, and in the morning beginne your fire, then distill as before in Cinamon water, beeing carefull to giue change of waters to your colour alwayes as it needeth: draw no longer than you feele a strong and sensible taste of the

the herbe which you distill, alwaies dividing the stronger from the weaker, and by this meanes you shal purchase a water farre excelling any that is drawne by a common pewter Still: you may also gather the oyle of each herbe, which you shall finde fleeting on the top or summitie of your water. This course agreeth best with such herbes as are not in taste and will yeeld their oyle by distillation.

12. *How to make the salt of Herbes.*

BUrne whole bundles of dryed Rosemary, Sage, Isop, &c. in a cleane Oven, and when you have gathered good store of the ashes of the herbe, infuse warme water upon them, making a strong and sharpe Lee of those ashes, then evaporate that Lee, and the residence or settling which you finde in the bottom thereof, is the salt which you seeke for. Some use to filter this Lee

divers

divers times before evaporation, that their salt may be the cleerer & more transparent. This salt, according to the nature of the herbe, hath great effects in physicke.

13. *Spirit of Honey.*

PUt one part of Honey to 5. parts of water: when the water boyleth, dissolve your Honey therein, scumme it, and having sodden an houre or two, put it into a wodden vessell, and when it is but bloud-warme, set it on work with yeast after the usuall manner of Beere and Ale: tunne it, and when it hath lyen some time, it will yeeld his Spirit by distillation, as Wine, Beere and Ale will doe.

14. *To distill Rose-water at Michaelmas, & to have as good yeeld as at any other time of the yeere.*

In

IN the pulling of your Roſes, firſt divide all the blaſted leaves, then take the other freſh leaves, and lay them abroad upon your table or windowes with ſome cleane linnen under them, let them lie three or foure houres, or if they bee dewy, untill the dew bee fully vaniſhed: put theſe Roſe-leaves in great ſtone pottes, having narrowe mouthes, and well leaded within, (ſuch as the Goldſmiers call their hookers, and ſerve to receive their Aqua fortis, bee the beſt of all others that I know) and when they are well filled, ſtop their mouthes with good corkes, either covered all over with waxe or molten brimſtone, and then ſet your pot in ſome coole place, and they will keepe a long time good, and you may diſtill them at your beſt leaſure. This way you may diſtill Roſe-water good cheape. If you buy ſtore of Roſes, when you find a glutte of them in the market, where

whereby they are sold for 7. pence or 8. pence the bushell: you then engrosse the flower. And some hold opinion, that if in the midst of these leaves you put some broken leaven, and after fill up the pot with Rose-leaves to the top, that so in your distillation of them you shall have a perfect Rose vineger, without the addition of any common vineger. I have knowne Rose-leaves kept well in Rondlets that have beene first well seasoned with some hot liquor and Rose-leaves boiled together, and the same pitched over on the out side, so as no aire might penetrate or pearce the vessell.

15. *A speedy distillation of Rose-water.*

STampe the leaves, and first distill the juice being expressed, and after distill the leaves, and so you shall dispatch more with one Still, than others doe with three or foure

foure Stils. And this water is every way as medicinable as the other, serving in all sirups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16. *How to distill wine-vineger or good Allgar, that may bee both cleere and sharpe.*

I Knowe it is an usuall manner, among the Novices of our time, to put a quart or two of good vineger into an ordinary leaden Still, and so to distill it as they doe all other waters. But this way I utterly dislike, both for that here is no separation made at all, and also because I feare, that the vineger doth carry an ill touch with it, either from the leaden bottome, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large body of glasse with a head or receiver, the same being placed in sand or ashes.

Note,

Note that the best part of the vineger, is the middle part that ariseth: for, the first is faint & phlegmatick; and the last will taste of adustion, because it groweth heavie toward the latter end & must be urged up with a great fire: and therefore you must now and then taste of that which cometh both in the beginning, and towards the latter end, that you may receive the best by it selfe.

17. *How to draw the true spirit of Roses, and so of all other herbes and flowers.*

MAcerate the Rose in his owne juice, adding thereto, beeing temperately warme, a convenient proportion either of yeast or ferment: leave them a few dayes in fermentation, till they have gotten a strong & heady smell, beginning to incline toward vinegar: then distill them in balneo in glasse-bodies luted to their helmes (happely a Limbeck

beck will doe better, and rid faster) and drawe so long as you finde any sent of the Rose to come: then re-distill or rectifie the same so often till you have purchased a perfect spirit of the Rose. You may also ferment the juice of Roses onely, and after distill the same.

18. *An excellent Rose-water.*

UPon the top of your glasse bodie, straine a haire cloath, and upon that lay good store of Rose-leaves, either drie, or halfe drie: and so your water will ascend verie good both in smell and in colour. Distill either in balneo, or in a gentle fire in ashes: you may reiterate the same water upon fresh leaves. This may also bee done in a leaden Still; over which, by reason of the breadth, you may place more leaves.

19. *An*

19. *An excellent way to make the extract of all Vegetables.*

EXpresse a good quantity of the juice thereof, set it on the fire, and give it onely a walme or two, then it will grow cleare: before it be cooled, poure away the cleered filter with a piece of cotten, and then evaporate your filtred juice, till it come to a thick substance: and thus you shall have a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent and taste of the flower; whereas the common way is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kind of menstruum.

20. *To make a water smelling of the Eglantine, Gilliflowers, &c.*

DRie the herbe or flower, and distill the same in faire water in

in a Limbeck, draw no longer than you finde sent in the water that issueth, re-iterate that water upon fresh herbes, and distill as before, dividing the sweetest from the rest.

21. *A Scottish hand-water*

PUt Tyme, Lavender and Rosemary confusedly together, then make a lay of thicke wine Lees in the bottom of a stone pot, upon which make another lay of the said herbs, and then a lay of Lees, & so forward: lute the pot well, bury it in the ground for vi. weeks; distill it, and it is called Dames-water in Scotland. A little thereof put into a bason of common water maketh very sweet washing water,

22. *How to draw the blood of herbs.*

STampe the herbe, put the same into a large glasse, leaving two parts emptie (some commend the juice

juice of the herbe onely) nip or else lute the glasse very well: digest it in Balneo xv. or xvi. dayes, and you shall find the same very red: divide the watrish part; and that which remaineth, is the bloud or essence of the herb.

23. *Rose-water, and yet the Rose-leaves not discoloured.*

YOu must distill in Balneo, and when the bottome of your pewter Still is thorow hot, put in a few leaves at once, and distill them: watch your Still carefully; and, as soone as those are distilled, put in more. I know not whether your profit will requite your labour, yet accept of it as a new conclusion.

24. *How to recover Rose-water, or any other distilled water that hath gotten a mother, and is in danger to be mustie.*

Infuse

INfuse your water upon fresh Rose-leaves, or upon Rose-cakes broken all in pieces, and then, after maceration for three or foure houres with a gentle fire, re-distill your water. Do this in a Limbeck, take heed of drawing too long for burning, unlesse your Limbeck stand in balneo.

25. *To draw both good Rose-water, and oyle of Roses together.*

AFter you have digested your Rose-leaves by the space of 3. moneths, *sicut ante, num.* 13. either in barrels or hookers, then distill them with faire water in a Limbeck: draw so long as you can finde any excellent smell of the Rose, then divide the fatty oyle that fleeteth on the top of the Rose-water, and so you have both excellent oyle of Roses, and also good Rose-water together, and you shall also have more water than by the ordinary way,

way: and this rose-water extendeth farther in physicall compositions, and the other serveth best for perfumes and casting bottles. You may also distill the oile of *Lignum Rhodium* this way, saving that you shall not neede to macerate the same above foure and twenty houres in your water or menstruum before you distill: this oile hath a most pleasing smell, in a manner equall with the oile of Roses.

COOKERY AND Huſwifery.

1. *To ſouſe a young Pig.*

TAke a young pig being ſcalded: boile it in faire water and white wine: put thereto ſome Bay-leaves, ſome whole Ginger, ſome Nutmegs quartered, and a few whole Cloves: boile it thorowly, & leave it in the ſame broth in an earthen pot.

2. *Aliter.*

TAke a Pig beeing ſcalded: collar him up like brawn, and lap your collars in faire clothes: when the fleſh is boiled tender, take it out, and put

put it in cold water and ſalt, and that will make the skinne white, make ſowſing drinke for it, with a quart of white wine, and a pottle of the ſame broth.

3. *To boile a Flounder or Pickrell of the French faſhion.*

TAke a pinte of white wine, the tops of young Thyme and Roſemary, a little whole Mace, a little whole Pepper, ſeaſoned with verjuice, ſalt, and a peece of ſweet butter, and ſo ſerve it: this broth will ſerve to boile fiſh twice or thrice in.

4. *To boile Sparrows or Larks.*

TAKE two ladles full of Mutton broth, a little whole mace: put into it a peece of ſweete butter, a handfull of Parſley being picked: ſeaſon it with ſugar, verjuice, and a little pepper.

5. To boile a capon in white broth.

BOile your Capon by it ſelſe in faire water: then take a ladlefull or two of Mutton-broth, and a little white Wine, a little whole Mace, a bundle of ſweete herbs, a little marrow: thicken it with Almonds, ſeaſon it with ſugar & a little verjuice: boile a few Currans by themſelves, and a Date quartered, leſt you diſcolour your broth, and put it on the breaſt of your Capon, Chicken, or Rabbet: if you have no Almonds, thicken it with creame, or with yolks of eggs, garniſh your diſhes on the ſides with a Lemmon ſliced, and ſugar.

6. To boile a Mallard, Teale, or wygen.

TAke Mutton-broth, and put it into a pipkin: put into the belly

belly of the Fowle a few ſweet herbs and a little mace: ſtick halfe a dozen of cloves in his breaſt: thicken it with a toſte of bread ſteeped in ver-juice: ſeaſon it with a little pepper, and a little ſugar; alſo one onion minced ſmall is very good in the broth of any water-Fowle.

7. *To boile a leg of Mutton after the French faſhion.*

TAke all the fleſh out of your Leg of Mutton, or at the butt end, preſerving the skinne whole, and mince it ſmall with Oxe-ſuet and marrow: then take grated bread, ſweet Creame, and yolkes of egges, and a few ſweet herbes: put unto it Currans and Raiſins of the Sunne: ſeaſon it with Nutmegs, Mace, Pepper, and a little Sugar, and ſo put it into the leg of Mutton againe, where you tooke it out, and ſtew it in a pot with a marrow-bone or two: ſerve

in the marrow-bones with the stewed broth and fruit, and serve in your leg of Mutton dry with carret roots sliced, and cast grosse pepper upon the roots.

8. *To boile Pigs-petitoes on the French fashion.*

BOile them and slice them, beeing first rouled in a little batter, your batter being made with the yolke of an egge, 2. spoonefuls of sweet cream, and one spoonefull of flower: make sawce for it with nutmeg, vineger, and sugar.

9. *To boile Pigeons with Rice.*

BOile them in mutton-broth, putting sweet herbs in their bellies: then take a little Rice, and boile it in creame, with a little whole mace: season it with sugar: lay it thicke on their

their breſts, wringing alſo the juice of a Lemmon upon them, and ſo ſerve them.

10. *To boile a chine of veale or chicken in ſharpe broth with herbs.*

TAke a little mutton broth: white wine and verjuyce, and a little whole mace: then take Lettuce, Spinage, and Parſley, and bruiſe it, and put it into your broth, , ſeaſoning it with verjuice, pepper, and a little ſugar, and ſo ſerve it.

11. *To make Beaumanger.*

TAKE the brawne of a Capon, toſe it like wooll: then boile it in ſweete Creame: with the whites of two egges; and being well boiled, hang it in a cloth, and let the whey runne from it: then grinde it in an Alabaſtar mortar with a wooden peſtell, then draw it thorough a thinne ſtrainer

with the yolkes of two egges and a little Roſe-water: then ſet it on a chafing-diſh with coales, mixing foure ounces of ſugar with it; and when it is cold, diſh it up like Almond-butter, and ſo ſerve it.

12. *To make a Polonian ſawſedge.*

TAke the fillets of a Hog: chop them very ſmall with a handfull of red Sage: ſeaſon it hot with ginger and pepper, and then put it into a great ſheep's gut: then let it lye three nights in brine: then boile it, and hang it up in a chimney where fire is uſually kept: and theſe ſawſedges will laſt a whole yeere. They are good for ſallads, or to garniſh boiled meats, or to make one relliſh a cup of wine.

13. *To*

13. *To make tender and delicate brawne.*

PUt collars of brawn, in kettels of water, or other apt veſſels, into an oven, heated as you would for houſhold bread: cover the veſſels, and ſo leave them as long in the oven, as you would doe a batch of bread. A late experience amongſt Gentlewomen far excelling the old manner of boiling brawne in great and huge kettles. *Quære* if putting your liquor hot into the veſſels, and the brawn a little boiled firſt, by this meanes you ſhall not give great expedition to your worke.

14. *Paſte made of fiſh.*

INcorporate the body of ſalt fiſh, Stock-fiſh, Ling or any freſh fiſh that is not full of bones, with crums of bread, flower, Iſinglaſſe,

&c. and with proper ſpices agreeing with the nature of every ſeverall fiſh and of that paſte, mould off the ſhapes and formes of little fiſhes; as, of the Roch, Dace, Perch, &c. and ſo by Art you may make many little fiſhes out of one great and naturall fiſh.

15. *How to barrell up Oyſters ſo as they ſhall laſt for ſix moneths ſweet and good, and in their naturall taſte.*

OPen your Oyſters: take the liquor of them, and mixe a reaſonable proportion of the beſt white wine vineger you can get, a little ſalt, and ſome pepper: barrell the fiſh up in ſmall caske, covering all the Oyſters in this pickle, and they will laſt a long time. This is an excellent meanes to convey Oyſters unto dry townes, or to carry them in long voyages.

16. *How*

16. *How to keepe freſh Salmon a whole moneth in his perfect taſte, and delicacy.*

FIrſt ſeethe your Salmon according to the uſuall manner: then ſinke it in apt and cloſe veſſels in wine-vineger, with a branch of Roſemary therein. By this meanes, Vintners and Cookes may make profit thereof when it is ſcarce in the markets: and Salmon, thus prepared, may bee profitable brought out of Ireland, and ſold in London or elſe where.

17. *Fiſh kept long, and yet to eate ſhort and delicately.*

FRy your fiſh in oyle: ſome commend rape oile; and ſome, the ſweeteſt Civill oile that you can get: for the fiſh wil not taſte at all of the oile, becauſe

becauſe it hath a watriſh body, and oyle and water make no true unity: then put your fiſh in white wine vineger, and ſo you may keepe it for the uſe of your Table any reaſonable time.

18. *How to keepe roaſted Beefe a long time ſweet and wholſome.*

THis is alſo done in Wine-vineger, your peeces being not over great, and well and cloſe barrelled up. This ſecret was fully proved in that honourable voyage unto Cales.

19. *How to keep powdered Beefe five or ſix weeks after it is ſodden, without any charge.*

WHEN your Beefe hath been well and throughly powdered by tenne or twelve dayes ſpace, then ſeethe it thoroughly, dry it

it with a cloth and wrap it in drie clothes, placing the ſame in cloſe veſſels and cupboards, & it will keep ſweete and ſound two or three moneths, as I am credibly informed from the experience of a kind and loving friend.

20. *A conceipt of the Authors, how Beefe may bee carried at the Sea without that ſtrong and violent impreſſion of ſalt, which is uſually purchaſed by long and extreame powdering.*

HEre with the good leave and favour of thoſe curteous Gentlewomen, for whom I did principally, if not onely, intend this little Treatiſe; I will make bold to lanch a little from the ſhoare, and trie what may bee done in the vaſt and wide Ocean, and in long and dangerous voyages, for the better preſervation of ſuch uſuall victualls, as for want of this skill doe

do oftentimes meerly periſh, or elſe, by the extreme piercing of the ſalt, do loſe even their nutritive ſtrength and vertue: and if any future experience do happen to controule my preſent conceipt, let this excuſe a ſcholar, *quòd in magnis eſt voluiſſe ſatis.* But now to our purpoſe: Let all the bloud be firſt well gotten out of the Beefe, by leaving the ſame ſome nine or ten dayes in our uſuall brine: then barrell up all the peeces in veſſels full of holes, faſtening them with ropes at the ſterne of the ſhip, and ſo dragging them thorow the ſalt ſea water (which, by his infinite change and ſucceſſion of water, will ſuffer no putrefaction, as I ſuppoſe): you may happely finde your Beefe both ſweet & ſavoury enough, when you come to ſpend the ſame. And if this happen to fall out true upon ſome tryall thereof had, then either at my next impreſſion, or when I ſhall be urged thereunto upon any neceſſity of ſervice, I hope to

to diſcover the meanes alſo whereby every ſhip may carry ſufficient ſtore of victuall for her ſelfe in more cloſe and convenient cariages than thoſe looſe veſſels are able to performe. But if I may bee allowed to carry either roſted or ſodden fleſh to the ſea, then I dare adventure my poore credit therein, to preſerve, for ſix whole moneths together, eyther Beef, Mutton, Capons, Rabbets &c. both in a cheap manner, and as freſh as we doe now uſually eat them at our Tables. And this I hold to be a moſt ſingular and neceſſary Secret for all our Engliſh Navie; which at all times, upon reaſonable termes, I will be ready to diſcloſe for the good of my countrey.

21. *How to make ſundry ſorts of moſt daintie butter, having a lively taſte of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a few dropps of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c. in the making up of your Butter: for Oyle and Butter will incorporate and agree very kindely and naturally together. And how to make the ſaid oyles, with all neceſſarie veſſels, inſtruments, and other circumſtances by a moſt plain and familiar deſcription: ſee my Jewel-houſe of Art and Nature, under the Title of Diſtillation.

22. *How to make a larger and daintier Cheeſe of the ſame proportion of milke than is commonly uſed or knowne by any of our beſt Dairy-women at this day.*

Having

HAving brought your milke into curds by ordinary renet, either breake them with your hands, according to the uſuall manner of other Cheeſes, and after, with a fleeting diſh, take away as much of the whey when as you can; or elſe put the curds, without breaking, into your moat: let them ſo repoſe one houre, or two, or three; and then, to a Cheeſe of two gallons of milke, adde a weight of tenne or twelve pound: which weight muſt reſt upon a cover that is fit with the moat or caſe; wherein it muſt truely deſcend by degrees as you increaſe your weight, or as the curds doe ſinke and ſettle. Let your curds remaine ſo all that day and night following, untill the next morning: and then turne your Cheeſe or curds, and place your weight againe thereon, adding from time to time ſome more ſmall weight, as you ſhall ſee cauſe. Note, that you muſt

lay

lay a cloth both under and over your curds at the leaſt, if you will not wrap them all over, as they doe in other Cheeſes, changing your cloth at every turning. Alſo if you will worke in any ordinary moat, you muſt place a round and broad hoope upon the moat, beeing juſt of the ſelfe ſame bigneſſe or circumference, or elſe you ſhall make a very thinne cheeſe. Turne theſe cheeſes every morning and evening, or as often as you ſhall ſee cauſe, till the whey be all runne out; and then proceed as in ordinary Cheeſes. Note, that theſe moats would bee full of holes, both in the ſides and bottome, that the whey may have the ſpeedier paſſage. You may alſo make them in ſquare boxes full of holes, or elſe you may deviſe moats or caſes, either round or ſquare of fine wicker; which, having wicker covers, may by ſome ſleight be ſo ſtayed, as that you ſhall need

need onely morning and evening to turne the wrong ſide upward, both the bottomes beeing made looſe, and ſo cloſe and fitting, as they may ſinke truely within the moat or mould, by reaſon of the weight that lyeth thereon. Note, that in other Cheeſes the cover of the moat ſhutteth over the moat: but in theſe the covers deſcend and fall within the moats. Alſo your ordinary Cheeſes are more ſpongious and full of eyes, than theſe, by reaſon of the violent preſſing of them; whereas theſe cheeſes ſetling gently and by degrees, doe cut as cloſe and as firme as marmelade. Alſo in thoſe Cheeſes, which are preſſed out after the uſuall manner, the whey that commeth from them if it ſtand a while, will carrie a creame upon it, whereby the Cheeſe muſt of neceſſitie bee much leſſe, and, as I gheſſe, by a fourth part: whereas the Whey that commeth from theſe new kinde of Cheeſes

Cheeſes is like faire water in colour, and carrieth nō ſtrength with it. Note alſo, that if you put in your curds unbroken, not taking away the whey that iſſueth in the breaking of them, that ſo the cheeſes will yet bee ſo much the greater: but that is the more troubleſome way, becauſe the curds, beeing tender, will hardly endure the turning, unleſſe you bee very carefull. I ſuppoſe, that the Angelores in France may bee made in this manner in ſmall baskets, and ſo likewiſe of the Parmeeſan: and if your whole Cheeſes conſiſt of unflatten milke, they will bee full of butter, and eate moſt daintily, being taken in their time, before they be too dry: for which purpoſe you may keepe them, when they beginne to grow dry, upon greene ruſhes or nettles. I have robbed my wives Dairy of this ſecret, who hath hitherto refuſed all recompences that have beene offered her

her by gentlewomen for the ſame, and had I loved a Cheeſe my ſelf ſo well as I like the receipt, I thinke I ſhould not ſo eaſily have imparted the ſame at this time. And yet I muſt needs confeſſe, that for the better gracing of the Title wherewith I have fronted this pamphlet, I have beene willing to publiſh this with ſome other ſecrets of worth, for the which I have many times refuſed good ſtore both of crowns & angels. And therefore let no Gentlewoman think this Booke too deare, at what price ſoever it ſhall be valued vpon the ſale thereof: neither can I eſteem the worke to be of leſſe than twenty yeeres gathering.

23. *Clouted creame.*

TAke your milke being new milked, and preſently ſet it upon the fire from morning untill the eve-

evening, but let it not ſeethe: and this is called my Lady *Young's* clowted creame.

24. *Fleſh kept ſweet in ſummer.*

YOu may keepe Veale, Mutton, or Veniſon in the heate of Summer ix. or x. daies good, ſo as it be newly and fair killed, by hanging the ſame in an high and windy roome (And therefore a plate cupboard full of holes, ſo as the winde may have a thorow paſſage, would be placed in ſuch a roome, to avoyd the offence of Fly-blowes). This is an approved Secret, eaſie and cheap, and very neceſſary to bee knowne and practiſed in hot and tainting weather. Veale may be kept ten daies in bran.

25. *Muſtard-Meale.*

IT is uſuall in Venice to ſell the meale of Muſtard in their markets, as

as we doe flower and meale in England: this meale, by the addition of vineger, in two or three dayes becommeth exceeding good muſtard; but it would be much ſtronger and finer, if the huskes and huls were firſt divided by ſearce or boulter; which may eaſily be done, if you dry your ſeeds againſt the fire before you grinde them. The Dutch iron handmils, or an ordinary pepper-mill, may ſerve for this purpoſe. I thought it very neceſſary to publiſh this maner of making your ſawce, becauſe our muſtard, which we buy from the chandlers at this day, is many times made up with vile and filthy vineger, ſuch as our ſtomacks would abhorre, if we ſhould ſee it before the mixing thereof with the ſeeds.

26. *How to avoid ſmoake in broyling of Bacon, Carbonado, &c.*

MAke little dripping pannes of paper

paper, paſting up the corners with ſtarch or paſte: wet them a little in water (but Pope *Pius Quintus* his Cooke will have them touched over with a feather firſt, dipped in oyle or molten butter): lay them on your gridiron, and place therein your ſlices of bacon, turning them as you ſee cauſe. This is a cleanly way, and avoideth all ſmoke. In the ſame manner you may alſo broile thin ſlices of Polonian ſawſedges, or great Oyſters: for ſo were the Popes Oyſters dreſſed. You muſt bee carefull, that your fire under the gridiron flame not, leſt you happen to burne your dripping pannes: and therefore all cole-brands are here ſecluded.

27. *The true bottling of Beere.*

WHen your Beere is 10. or 12. dayes olde, whereby it is growne reaſonable cleere, then

then bottle it, making your corkes very fit for the bottles, and ſtoppe them cloſe: but drinke not of this beer, till they begin to worke againe, and mantle, and then you ſhall finde the ſame moſt excellent and ſpritely drinke: and this is the reaſon why bottle-ale is both ſo windy and muddy, thundering and ſmoking upon the opening of the bottle, becauſe it is commonly bottled the ſame day that it is layd into the cellar; whereby its yeaſt, being an exceeding windy ſubſtance, being alſo drawn with the Ale not yet fined, doth incorporate with the drinke, and maketh it alſo very windy: and this is all the lime and gun-powder wherewith bottle-ale hath beene a long time ſo wrongfully charged.

28. *How to help your bottles when they are muſty.*

SOme put them in an oven when

the bread is newly drawne, cloſing up the oven, and ſo let them reſt till morning. Others content themſelves with ſcalding them in hot liquor only till they be ſweet.

29. *How to break whites of egges ſpeedily.*

A Fig or two ſhred in pieces, and then beaten amongſt the whites of egges, will bring them into an oyle ſpeedily: ſome breake them with a ſtubbed rod: and ſome, by wringing them often thorow a ſponge.

30. *How to keepe flyes from oyle peeces.*

A Line limed over, and ſtrained about the creſt of oile-peeces or pictures, will catch the Flyes, that would otherwiſe deface the pictures. But this Italian conceipt, both for the rareneſſe and uſe thereof, doth

pleaſe me above all other, viz. Prick a Cowcumber full of barly-cornes, with the ſmall ſpiring ends outward: make little holes in the Cowcumber firſt with a wooden or bone bodkin, and after put in the grain: theſe, being thicke placed, will in time cover all the Cowcumber, ſo as no man can diſcerne what ſtrange plant the ſame ſhould be. Such Cowcumbers are to be hung up in the midſt of Summer roomes, to draw all the Flies unto them, which otherwiſe would fly upon the pictures or hangings.

31. *To keepe Lobſters, Craſiſhes, &c. ſweet and good for ſome few dayes.*

THeſe kindes of fiſh are noted to bee of no durability or laſting in warme weather: yet, to prolong their dayes a little, though I feare I ſhall raiſe the price of

them by the diſcovery amongſt the fiſhmongers (who onely in reſpect of their ſpeedy decay, do now and then afford a penny worth in them) if you wrap them in ſweet and courſe rags firſt moiſtend in brine, and then bury theſe clothes in Callis ſand, that is alſo kept in ſome coole or moiſt place: I know by mine owne experience, that you ſhall finde your labour well beſtowed, and the rather, if you lay them in ſeverall cloths, ſo as one doe not touch the other.

32. *Divers excellent kinds of bottle-ale.*

I Cannot remember, that ever I did drinke the like Sage-ale at any time, as that which is made by mingling two or three droppes of the extracted oyle of Sage with a quart of Ale, the ſame being well brewed out of one pot into another,

ther: and this way a whole Stand of ſage ale is very ſpeedily made. The like is to bee done with the oyle of Mace or Nutmegs. But if you will make a right Goſſips cup, that ſhall farre exceede all the Ale that ever mother *Bunch* made in her life time, then in the bottling up of your beſt Ale, runne halfe a pint of white Ipocraſſe that is newly made, and after the beſt receit, with a pottle of Ale: ſtop your bottle cloſe, and drinke it when it is ſtale. Some commend the hanging of roaſted Orenges prickt full of Cloves in the veſſell of Ale till you finde the taſte thereof ſufficiently graced to your owne liking.

33 *How to make worme-wood wine very ſpeedily and in great quantity.*

TAke ſmall Rochell or Coniake wine, put a few drops of the

extracted oyle of wormewood therein: brew it together (as before is ſet downe in bottle-ale) out of one pot into another, and you ſhall have a more neat and wholeſome wine for your body, than that which is ſold at the Stillyard for right wormewood-wine.

34. *Roſe-water and Roſe-vineger of the colour of the Roſe, and of the Cowſlip, and Violet-vineger.*

IF you would make your Roſe-water and Roſe-vineger of a Rubie colour, then make choyce of the crimſin-velvet-coloured leaves, clipping away the whites with a paire of ſheeres: and beeing thorow dryed, put a good large handfull of them into a pint of Damaske or red Roſe-water: ſtop your glaſſe well, and ſet it in the Sunne, till you ſee that the leaves have loſt their colour: or, for more expedition, you may performe this worke in balneo in a few houres; and

and when you take out the old leaves you may put in freſh, till you find the colour to pleaſe you. Keepe this Roſe-water in glaſſes very well ſtopt; the fuller the better. What I have ſaid of Roſe-water, the ſame may alſo be intended of Roſe-vineger, violet, marigold, and cowſlip-vineger: but the whiter vineger you chuſe for this purpoſe, the colour thereof will bee the brighter: and therefore diſtilled vineger is beſt for this purpoſe, ſo as the ſame bee warily diſtilled with a true diviſion of parts, according to the manner expreſſed in this booke in the diſtillation of vineger.

35. *To keepe the juice of Orenges and Lemmons all the yeere for ſauce, juleps and other purpoſes.*

Expreſſe their juyce, and paſſe it thorough an Ipocraſſe bagge, to clarifie it from his impurities:

then fill your glaſſe almoſt to the top; cover it cloſely and let it ſtand ſo till it have done boyling: then fill up your glaſſe with good ſallet oyle and ſet it in a coole cloſet or butterie, where no Sun commeth: the apteſt glaſſes for this purpoſe, are ſtraight upright ones, like to our long beere-glaſſes, which would bee made with little round holes within two inches of the bottome, to receive apt fawcets: and ſo the grounds or lees would ſettle to the bottome, and the oyle would ſinke downe with the juice ſo cloſely, that all putrefaction would bee avoyded: or, in ſtead of holes, if there were glaſſe pipes, it were the better and readier way, becauſe you ſhall hardly faſten a fawcet well in the hole. You may alſo in this manner preſerve many juices of herbs and flowers.

And becauſe that profit and skill united doe grace each other, if (curteous Ladies) you will lend eares, and follow my direction, I will here furniſh

furniſh a great number of you (I would I could furniſh you all) with the juce of the beſt Civill Orenges at an eaſie price. About Allhollantide, or ſoone after, you may buy the inward pulp of Civill Orenges, wherein the juce reſteth, of the comfit-makers for a ſmall matter, who doe onely or principally reſpect their rindes, to preſerve and make Orengeado es withall: this juyce you may prepare and reſerve as before.

36 *How to puriſie and give an excellent ſmell and taſte unto ſallet oyle.*

PUt ſallet oile into a veſſel of wood or earth, having a hole in the bottome: to every foure quarts of water, adde one quart of oyle, and, with a wooden ſpoone or ſpattle, beat them well together for a quar-

ter of an houre; then let out the water, preventing the oyle from iſſuing, by ſtopping of the hole: repeate this worke two or three times, and at the laſt you ſhall finde your oyle well clenſed or clarified. In this manner you may alſo clarifie capons-greaſe, being firſt melted, and working with warme water. All this is borrowed of M. *Bartholomæus Scapius*, the Maſter Cooke of Pope *Pius Quintus* his private Kitchen. I thinke if the laſt agitation were made in Roſe-water, wherein alſo Cloves or Nutmegs had been macerated, that ſo the oyle would bee yet more pleaſing.

Or if you ſet a Jarre-glaſſe in balneo, full of ſweete oyle, with ſome ſtore of bruiſed cloves, and rindes of Civill Orenges or Lemmons alſo therein, and ſo continue your fire for two or three houres, and then letting the cloves and rindes remain in the oyle, till both the ſent and taſte do pleaſe you; I thinke many

ny men, which at this day doe loathe oyl (as I my ſelfe did, not long ſince) would be eaſily drawne to a ſufficient liking thereof.

37. *How to clariſie, without any diſtillation, both white and claret wine-vinegar for gellies or ſauces.*

TO every ſix pints of good wine-vineger, put the whites of two new-layd egges well beaten: then put all into a new leaden pipkin, and cauſe the ſame to boyle a little over a gentle fire: then let it run thorow a coorſe gelly-bag twice or thrice, and it will be very cleere, and keepe good one whole yeare.

38. *To make a moſt delicate white ſalt for the table.*

FIrſt calcine or burne your white ſalt,

ſalt: then diſſolve it in cleere conduit water: let the water ſtand without ſtirring, forty eight houres: then carefully draw away all the cleer water onely: filter it, and after evaporate the filtred liquor, reſerving the ſalt. Some leave out calcination.

39. A delicate Candle for a Ladies Table.

CAuſe your Dutch Candles to be dipped in Virgin waxe ſo as their laſt coat may bee meerly waxe: and by this meanes you may carry them in your hand without melting, and the ſent of the tallow will not breake thorow to give offence: but if you would have them to reſemble yellow wax-candles, then firſt let the tallow bee coloured with Turmerick boyled therein, and ſtrained: and after your Candles have beene dipped therein to a ſufficient greatneſſe, let them take their laſt coat

coat from yellow wax: this may bee done in a great round Cane of tinplate, having a bottome, and being ſomewhat deeper than the length of your Candles: and as the wax ſpendeth, you may ſtill ſupply it with more.

40. *How to hang your candles in the ayre without candleſticks.*

THis will make a ſtrange ſhew to the beholders that know not the conceit. It is done in this manner: Let a fine Virginall wyar bee conveyed in the middeſt of every week, and left of ſome length above the Candle, to faſten the ſame to the poſts in the roofe of your houſe; and if the roome be any thing high roofed, it will bee hardly diſcerned, and the flame though it conſume the tallow, yet it will not melt the wyer.

41. *To make Roſe-vinegar.*

MAcerate or ſteepe Roſe-leaves in faire water: let them lye therein till they wex ſowre in ſmell, and then diſtill the water.

SWEET POWders, Oyntments, Beauties, &c.

1. *An excellent damask-powder.*

YOu may take of yreos halfe a pound, Rose-leaves foure ounces, cloves one ounce, Lignum Rhodium two ounces, Storax one ounce and a halfe, Muske and Civet of each ten graines; beat and incorporate them well together.

2. *An excellent hand-water, or washing water, very cheape.*

TAke a gallon of faire water, one handfull of Lavender-flowers, a few Cloves and some Orace-powder,

powder, and foure ounces of Benjamin: distill the water in an ordinarie leaden Still. You may distill a second water by a new infusion of water upon the lees: a little of this will sweeten a bason of faire water for your table.

3. *A ball to take staines from linnen.*

TAke foure ounces of white hard Sope: beat it in a mortar with two small Lemmons sliced, and as much roch Allome as an hasell nut: roule it up in a ball: rub the staine therewith; and after, fetch it out with warm water, if need be.

4. *A sweet and delicate Pomander.*

TAke two ounces of Labdanum; of Benjamin and Storax, one ounce: muske, six graines: civet six graines:

graines: Amber-greaſe, ſix graines of Calamus Aromaticus and Lignum Aloes, of each the weight of a groat: beat all theſe in a hot mortar, and with an hot peſtell, till they come to paſte; then wet your hand with Roſe-water, and roule up the paſte ſuddenly.

5. To take ſtaines out of ones hands preſently.

YOu may doe this with the juyce of Sorrell, waſhing the ſtained place therein.

6. To take away ſpots and freckles from the face or hands.

THe ſappe that iſſueth out of a Birch tree in great abundance, being opened in March or Aprill, with a receiver of glaſſe ſet under the boring thereof to receive the ſame, doth performe the ſame moſt excellent-

excellently, & maketh the skin very cleere. This sap will dissolve pearle; a secret not knowne unto many.

7. A white fucus or beauty for the face.

THe jaw bones of a Hogge or Sow well burnt, beaten, and fearced thorow a fine Searce, and after, ground upon a porphyrie or serpentine stone, is an excellent fucus, being layd on with the oyle of whi e poppy.

8. A delicate washing ball.

TAke three ounces of Orace, halfe an ounce of Cypres, two ounces of Calamus Aromaticus, one ounce of Rose-leaves, two ounces of Lavender-flowers: beat all these together in a mortar, searcing them thorow a fine Searce, then scrape some castill

caſtill ſope, and diſſolve it with ſome Roſe-water, then incorporate all your powders therewith, by labouring of them well in a mortar.

9. *Damask-powder.*

TAke five ounces of Orace, two ounces of Cypreſſe, two ounces of Calamus, halfe an ounce of cloves, one ounce of Benjamin, one ounce of Roſe-leaves, one ounce of Storax calamitum, halfe an ounce of Spike-flowers: mixe them well together.

10. *To keepe the teeth both white and ſound.*

OF hony take a quart, as much vineger, and halfe ſo much white wine: boyle them together, and waſh your teeth therewith now and then.

11. To allay heat and cleere the face.

TAke three pints of conduit water: boyle therein two ounces of French barley: change your water, and put in the barley againe: repeat this so long, till your water purchase no colour from the barley, but become very cleer: boyle the last three pints to a quart: then mixe halfe a pint of white wine therein; and when it is cold, wring the juice of two or three good Lemmons therein; and use the same for the Morphew, heat of the face or hands, & to cleere the skin.

12. Skin kept white and cleer.

WAsh the face and body of a sucking childe with breast-milke, or cow-milke, or mixed with water,

water, every night: and the child's skin will wexe faire and cleere, and resist Sun-burning.

13. *An excellent Pomatum to cleere the skinne.*

VVAsh Barrows grease often times in May-deaw, that hath beene clarified in the Sunne, till it bee exceeding white: then take Marshmallow roots, scraping off the outsides: then make thin slices of them, and mixe them: set them to macerate in a seething Balneo, and scumme it well till it be thorowly clarified, and will come to rope: then straine it, and put now and then a spoonefull of May-dew therein, beating it till it bee thorow cold in often change of May-dew: then throw away that dew, and put it in a glasse, covering it with May-dew: and so reserve it to your use. Let the mallow rootes be two or three dayes dryed

dryed in the ſhade before you uſe them. This I had of a great profeſſor of Art, and for a rare and dainty Secret, as the beſt fucus this day in uſe.

14. *Another minerall fucus for the face.*

INcorporate with a wooden peſtle and in a wooden mortar, with great labour, foure ounces of ſublimate, and one ounce of crude Mercurie, at the leaſt ſix or eight houres (you can not beſtow too much labour herein): then, with often change of cold water, by ablution in a glaſſe, take away the ſalts from the ſublimate: change your water twice every day at the leaſt: and in ſeven or eight daies (the more the better) it will be dulcified, and then it is prepared. Lay it on with the oyle of white Poppy.

15. *To take away chilblanes out of the hands or feet.*

BOyle halfe a pecke of Oates in a quart of water, till they wexe dry: then having first annointed your hands with some good Pomatum and well chafed them, hold them within the Oates as hot as you may well suffer them, covering the bowle wherein you put your hands, with a double cloth to keepe in the steame of the Oates. Doe this three or foure times, and you shall find the effect. The same Oats will serve to boile with fresh water three or foure times.

16. *To help a face that is red or pimpled.*

DIssolve common Salt in the juyce of Lemmons, and with a linnen

linnen cloth pat the patients face that is full of heat or pimples. It cureth in a few dreſſings.

17. Aliter.

TAke of thoſe little whelkes or huſks which ſome doe call ginny money: with five or ſix of them, and beat them to fine powder, and infuſe the juyce of Lemmons upon them, and it will preſently boile: but if it offer to boyle out of your glaſſe, then ſtop the mouth thereof with your finger, or blow into it. This will in a ſhort time bee like an ointment, with which you muſt anoint the heat or pimples of the face oftentimes in a day, till you finde helpe. As the ointment dryeth, put more juice of Lemmons to it. This of an outlandiſh Gentlewoman, and it is an aſſured remedy, if the heat be not very extreme. Some have found by experience, that bathing

of

of the face with hot vineger every night when they goe to bed, doth mightily repell the humour.

18. *Aliter.*

QUilt bay salt well dried and powdered in double linnen socks of a pretty bignesse; let the patient weare them in wide hose and shooes day and night, by the space of fourteene dayes, or till hee bee well: every morning and evening, let him dry his socks by the fire and put them on againe.

This helped M. *Foster*, an Essex man, and an attorney of the common pleas, within these few yeares, but now deceased; whose face was, for many yeares together, of an exceeding high and furious colour, of my owne knowledge, and hath spent much money in physicke without any successe at all, untill hee obtained

this remedie. The Patient muſt not take any wet of his feete during the cure.

19. *Aliter & optimè.*

TAke halfe a pound of white diſtilled vineger, two new-laid egges with their ſhels, two ſpoonfuls of the flowers of brimſtone: let theſe macerate in the vineger by the ſpace of three dayes: then take out the egges and prick them full of holes with a needle, but not too deepe, leaſt any of the yolke ſhould happen alſo to iſſue: let that liquor alſo mixe with the vineger: then ſtraine all thorow a fine cloth, and tye up the brimſtone in the cloath, like a little ball, dippe this ball in the ſtrained liquor when you uſe it, and put it on the place three or foure times every day: and this will cure any red face in twelve or fourteene dayes.

dayes. Some doe also commend the same for an approved remedy against the morphew; the brimstone ball must be kept in some close thing from the ayre.

20. *How to take away any pimple from the face.*

BRimstone, ground with the oyle of Turpentine, and applyed unto any pimple one houre, maketh the flesh to rise spungeous: which being anoynted with the thicke oyle of butter that ariseth in the morning from new milke sodden a little over night, will heale and scale away in a few dayes, leaving a faire skinne behinde. This is a good skinning salve.

21. *To helpe any Morphew, Sunne-burning, itch, or red face.*

STeep two ſliced Lemmons being large and faire, in a pint of conduit water: leave them foure or five dayes in infuſion, covering the water: then ſtraine the water, and diſſolve therein the quantity of a haſel nut of ſublimate (ſome hold a dram a good proportion to a pint of water) finely powdred: let the patient wet a cloath therein, and rubbe the place where the griefe is, every morning and evening a little, till the hew doth pleaſe her: you may make the ſame ſtronger or weaker, according to good diſcretion.

22. *For the Morphew.*

TAke a pint of diſtilled vineger: lay therein two new-laid egges whole

whole with their ſhels, three yellow Dock-rootes, picked and ſliced, two ſpoonfuls of the flowers of brimſtone: and ſo let all reſt three dayes, and then uſe this liquor, with a cloth rubbing the place three or foure times every day, and in three or foure daies it commonly helpeth: put ſome bran in your cloth before you moyſten your cloth therein, binding it up in forme of a little ball.

This of Maſter *Rich* of *Lee*, who helped himſelfe and a gallant Lady therewith in a few dayes.

23. *To take away the freckles in the face.*

WAſh your face, in the wane of the Moone with a ſponge, morning and evening, with the diſtilled water of Elder-leaves, letting the ſame dry into the skinne. Your water muſt be diſtilled in May. This

from a Traveller, who hath cured himselfe thereby.

24. To cure any extreame, bruise upon a fore fall on the face, or any other member of the body.

PResently after the fall, make a great fire, and apply hot cloathes, one after another, without intermission, the Patient standing neare the fire for one houre and a halfe, or till the swelling bee cleane abated. This I knew prooved, with good successe, in a maide that fell downe a paire of staires, whereby all her face was extreamely disfigured. Some hold opinion, that the same may bee performed with cloathes wet in hot water, and then wrung out againe before application. Then, to take away the changeable colours which doe accustomably follow all bruises, shred the root of a greene or growing flower-

flower-deluce: beat it with red rose water, and grinde it till it come to a salve: apply the same, and in few houres it takes away all the colours; but if it lie too long, it will raise pimples: and therefore so soone as the colours be vanished, immediately remove the salve.

25. *How to keepe the teeth cleane.*

CAlcine the tops and branches of Rosemary into Ashes, and to one part thereof, put one part of burnt Allome: mixe them well together, and with thy finger, first moystened a little with thy spittle, rubbe all thy teeth over a pretty while every morning till they bee cleane, but not to galling of thy gummes: then suppe up some faire water or white wine, gargling the same up and downe thy mouth a

while, and then dry thy mouth with a towell. This of an honeſt Gentleman, and a painefull gatherer of phyſicall receites.

26. *Sweet and delicate dentifrices, or rubbers for the teeth.*

DIſſolve in foure ounces of warme water, three or foure drammes of gumme Dragagant, and in one night this will become a thicke ſubſtance like gelly: mingle the ſame with the powder of Alabaſter finely ground and ſearced: then make up this ſubſtance into little round rolls, of the bigneſſe of a childes arrow, and foure or five inches in length. Alſo if you temper Roſes, or ſome other colour (that is not hurtfull) with them, they will ſhew full of pleaſing veines. Theſe you may ſweeten either with Roſe water, Civet, or Muske. But if your teeth bee

bee very ſcaly, let ſome expert Barber firſt take off the ſcales with his inſtrument, and then you may keepe them cleane by rubbing them with the aforeſaid rouls.

And here, by thoſe miſerable experiences that I have ſeene in ſome of my neareſt friends, I am enforced to admoniſh all Gentlewomen to be carefull how they ſuffer their teeth to bee clenſed and made white with any *Aqua fortis*, which is the Barbers uſuall water: for unleſſe the ſame bee both well allayed, and carefully applyed, ſhee may happen within a few dreſsings to be forced to borrow a ranke of teeth to eate her dinner unleſſe her gummes doe helpe her the better.

27. *A delicate Stove to ſweat in.*

I Know that many Gentlewomen, as well for the clearing of their

skins, as clenſing of their bodies, doe now and then delight to ſweat. For the which purpoſe, I have ſet down this manner following, as the beſt that ever I obſerved: Put into a braſſe pot of ſome good content, ſuch proportion of ſweet herbs, and of ſuch kinde as ſhall bee moſt appropriate for your infirmitie, with ſome reaſonable quantity of water, cloſe the ſame with an apt cover, and wel-luted with ſome paſte made of flower and whites of Egges: at ſome part of the cover you muſt let in a leaden pipe (the entrance wherof muſt alſo bee wel-luted:) this pipe muſt bee conveyed thorow the ſide of the chimney, where the pot ſtanderh in a thicke hollow ſtake of a bathing tub croſſed with hoopes, according to the uſuall manner, in the top, which you may cover with a ſheet at your pleaſure. Now, the ſteame of the pot paſſing thorow the pipe under the halfe bottome of the bathing tub, which muſt bee bored full

full of bigge holes, will breathe so sweet and warm a vapour upon your body, as that (receiving ayre, by holding your head without the tub as you sit therein) you shall sweate most temperately, and continue the same a long time without fainting. And this is performed with a small charcole fire maintained under the pot for this purpose. Note, that the roome would bee close wherein you place your bathing tub, lest any sudden cold should happen to offend you whil'st your body is made open and porous to the ayre.

28. *Divers sorts of sweet hand-waters made suddenly or extempore, with extracted oyles of spices.*

FIrst you shall understand, that whensoever you shall draw any of

of the aforesaid Oyles of Cinamon, Cloves, Mace, Nutmegs, or such like, that you shall have also a pottle or gallon more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table: yea some doe keepe the same for their broths, wherein otherwise they should use some of the same kinde of spice.

But if you take three or foure drops onely of the oyle of Cloves, Mace, or Nutmegs; (for Cinamon oyle is too costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a pretty while together in a glasse having a narrow mouth, till they have in some measure incorporated themselves together, you shall finde a very pleasing & delightfull water to wash with, and so you may alwayes furnish your selfe of sweete water of severall kindes, before such time as your guests shall be

bee ready to ſit downe. I ſpeake not here of the oyle of Spike (which will extend very farre this way) both becauſe every Gentlewoman doth not like ſo ſtrong a ſent, and for that the ſame is elſewhere already commended by another Author. Yet I muſt needs acknowledge it to be the cheaper way, for that I aſſure my ſelfe there may be five or ſixe gallons of ſweet water made with one ounce of the oyle, which you may buy ordinarily for a groat at the moſt.

29. *An excellent ſweet water for a caſting bottle.*

TAKE three drammes of oyle of Spyke, one dramme of oyle of Thyme, one dram of oyle of Lemmons, one dram of oyle of Cloves, then take one graine of Civet, and three graines of the aforeſaid compoſition well wrought toge-

ther:

ther. Temper them well in a silver spoone with your finger: then put the same into a silver bowle, washing it out by little and little into the bowle with a little Rose-water at once, till all the oyle bee washed out of the spoone into the bowle: & then doe the like by washing the same out of the bowle with a little Rose-water at once, till all the lent bee gotten out, putting the Rose-water still in a glasse, when you have tempered the same in the bowle sufficiently. A pint of Rose-water will bee sufficient to mingle with the said proportion: and if you finde the same not strong enough of the Civet, then you may to every pint put one graine and a halfe, or two graines of Civet to the weight of three graines of the afore-said composition of oyles.

30. *To colour a black haire presently into Chesnut-colour.*

This

THis is done with oyle of Vitriol: but you must doe it very carefully not touching the skin.

31. *A present and delicate perfume.*

LAy two or three drops of liquid Amber upon a glowing coale, or a peece of Lignum Aloes, Lignum Rhodium, or Storax.

32. *To renew the sent of a Pomander.*

TAke one graine of Civet, and two of Muske, or if you double the proportion, it will bee so much the sweeter: grinde them upon a stone with a little Rose-water; and after, wetting your hands with Rose-water, you may worke the same in your Pomander. This is a sleight to passe away an old Pomander: but my intention is honest.

33. How to gather and clarifie May-dew.

WHen there hath fallen no raine the night before, then with a cleane and large ſponge, the next morning, you may gather the ſame from ſweet herbes, graſſe or corne: ſtraine your dew, and expoſe it to the Sun in glaſſes covered with papers or patchment pricke full of holes; ſtraine it often, continuing it in the Sun, and in an hot place till the ſame grow white and cleare, which will require the beſt part of the Summer.

Some commend May-dew gathered from Fennell and Celandine, to bee moſt excellent for ſore eyes: and ſome commend the ſame (prepared as before) above Roſe-water for preſerving of fruites, flowers, &c.

34. *Divers excellent ſents for gloves, with their proportions and other circumſtances with the manner of perfuming.*

THE Violet, the Orenge, the Lemmon, duely proportioned with other ſents, performe this well: ſo likewiſe of Labdanum, Storax, Benjamin.

The manner is this: Firſt, lay your Amber upon a few coales, till it begin to crack like lime: then let it coole of it ſelf, taking away the coals: then grinde the ſame with ſome yellow ocre, till you perceive a right colour for a glove: with this mixture waſh over your glove with a little haire bruſh upon a ſmooth ſtone in every ſeame, and all over: then hang your gloves to dry upon a line: then with gumme Dragagant diſſolved in ſome Roſe-water, and ground with a little oyle de Ben, or of ſweet

ſweet Almonds upon a ſtone: ſtrike over your gloves in every place with the gumme and oyle ſo ground together: doe this with a little ſponge, but bee ſure the gloves bee firſt thorowly dry, and the colour well rubbed and beaten out of the glove: then let them hang againe till they bee dry, which will bee in ſhort time. Then if you will have your glove to lie ſmooth and faire in ſhew, goe over it againe with your ſponge and the mixture of gumme and oyle, and dry the glove yet once againe. Then grinde upon your ſtone two or three graines of good Muske, with halfe a ſpoonfull of Roſe-water, and with a very little peece of a ſponge, take up the compoſition by a little and a little: and ſo lay it upon your glove, lying upon the ſtone. Picke and ſtraine your gum Dragagant before you uſe it. Perfume but the one ſide of your glove at once, and then hang it up to dry, and then finiſh the other ſide. Ten grains of Musk will

give

giue a sufficient perfume to eight paire of gloues. Note also, that this perfume is done upon a thin Lambes leather glove: and if you worke upon a Kids skin or Goats skin, which is a small leather for rich perfumes, then you must adde more quantity of the oyle of Ben to your gum, and goe ouer the glove twice therewith.

35. *Sweet bags to lye among linnen.*

FIll your bags onely with Lignum Rhodium, finely beaten, and it will give an excellent sent to your linnen.

36. *To make haire of a faire yellow or golden colour.*

THE last water that is drawne from honey, beeing of a deepe redde colour, performeth the same excellently:

excellently: but the same hath a strong smell, and therefore must be sweetned with some aromaticall body.

Or else the haire being first cleane washed, and then moystened a prety while by a good fire in warme Allome water with a sponge, you may moysten the same in a decoction of Turmerick, Rubarb, or the Barke of the Barberry tree: and so it will receive a most faire and beautifull colour.

The Dogberry is also an excellent berry to make a golden liquor withall for this purpose: beat your Allom to powder; and when the water is ready to seeth, dissolve it therein: foure ounces to a pottle of water, will be sufficient: let it boyle a while, straine it, and this is your Allome-liquor, wherewith you must first prepare the haire.

37. *How to colour the head or beard into a Chesnut colour in halfe an houre.*

TAke one part of Lead calcined with Sulphur, and one part of quicke lime: temper them somewhat thinne with water: lay it upon the haire, chafing it well in, & let it dry one quarter of an houre or thereabout: then wash the same off with faire water divers times; and lastly with sope and water, and it will be very naturall haire-colour. The longer it lyeth upon the haire, the browner it groweth. This coloureth not the flesh at all, and yet it lasteth very long in the hair. *Sæpius expertum.*

FINIS.